


# November 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Saving Time ends	2 Start a gratitude journal and list 5 things you are thankful for everyday in it.	3 Write a quick note, or email thanking someone in your life. Keep it simple today.	4	5 Take 5 minutes and make a list of what one person in your life has done for you that you are thankful for. Give that person the list.	6	7 Pick something you are using today and thank everything that got it to you. i.e. your milk (you would thank the cow, the farmer, the person who invented refrigerated trucks etc)
8	9 Pick someone whom you work with and tell them why you enjoy working with them.	10	11 Veteran's Day	12 Do a free favor (no strings attached) for someone you wish to show gratitude to. Get them their favorite drink, make their bed. Be creative.	13	14 Be thankful for the negative or "bad" experiences today.
15	16 Thank your boss today.	17 Give thanks just for today, for being alive, for having what you have. Just live and be thankful for THIS day.	18	19 Think of your favorite teacher (elementary, high school, college, or church) and write them a letter of thanks.	20	21 Spend five minutes today thinking about the people in your life you are grateful for.
22 Write a letter to your parents thanking them for all they taught you.	23	24 Count your blessings instead of sheep tonight.	25	26 Thanksgiving 	27 Do a random and anonymous act of kindness today.	28
29 Write a letter to your children and thank them for who they are.	30 Thank a worker at a store, restaurant, or other establishment who has served you today.					