

2024

November

Blessed

Thankful & Grateful

A MONTH OF GRATITUDE & COMPASSION!



3 Daylight Savings Time ends. Wake up early and enjoy the morning quiet. Reflect on what is good in your life!

4 This month, send a "thank you" note to 4 people who have made your life better - send 1 a week!

5 VOTE if you haven't already! Then send loving thoughts into the world.

6 Think of ONE thing you are extremely grateful for.

7 MAKE TODAY "BE-KIND-TO-ME" DAY (Speak only nice things to yourself.)

8 Make eye contact & smile at strangers today. It's amazing how you'll feel when they smile back.

9 Give someone a genuine compliment.

10 Send flowers to someone just because.

11 Today is 11-11. Today is the day to step out of your comfort zone and do something new! You are supported and safe! That's something truly to be grateful for! (P.S. Thank a vet today, too!)

12 Today, pause before you speak, and choose words with positive intention.

13 WORLD KINDNESS DAY! Do a random act of KINDNESS today!

14 Ask yourself "What can I do to love myself a little more today?"

15 Plan a "gratitude" party instead of a holiday party. Each guest donates a gift. Each guest also shares one thing they are grateful for.

16 Make a donation.

17 GO ON A HIKE TODAY! FIND & HUG A TREE!

18 Remove complaints and curses for one week.

19 Today let go of one old hurt. Repeat over & over... "Let it go."

20 Forgive yourself! Practice Ho'oponopono. Say to yourself: I'm sorry. Please forgive me. Thank you. I love you.

21 Make a Hand Turkey! Tap back into that holiday feeling you had as a kid!

22 Pay for the person behind you in line.

23 Feast on hope and love today... then watch Miracle on 34th Street and BELIEVE!

24 Breathe. Be grateful for peace. Be a symbol of compassion today.

25 SHOP! for a gift for yourself, too.

26 DO A DANCE OF GRATITUDE! Listen to Karen Drucker's "I'm so Grateful" and Dance! Dance! DANCE!

27 Call someone you haven't spoken to in a while and wish them a Happy Thanksgiving!

28 Create a vision board for 2024. Use part of it to reflect on what you're grateful for. The more you appreciate what you have, the more things will "appreciate."

29 Buy some small gift cards & randomly give them away to strangers throughout December!

30 Today, make a commitment that you will become a kid again in December! Hit the holiday season with a playful heart!