

# NOVEMBER 2023

## GRATITUDE

APPRECIATION CAN MAKE A DAY, EVEN CHANGE A LIFE. YOUR WILLINGNESS TO PUT IT INTO WORDS IS ALL THAT IS NECESSARY. —MARGARET COUSINS

The power of gratitude is undeniable. Spending even a few moments a day intentionally appreciating what we have in this life can boost our mental health in a number of ways. Make sure to focus on gratitude this month!

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>OCTOBER</b></p> <p>S M T W Th F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30 31 1 2 3 4</p> <p>5 6 7 8 9 10 11</p>	<p><b>DECEMBER</b></p> <p>S M T W Th F S</p> <p>26 27 28 29 30 1 2</p> <p>3 4 5 6 7 8 9</p> <p>10 11 12 13 14 15 16</p> <p>17 18 19 20 21 22 23</p> <p>24 25 26 27 28 29 30</p> <p>31 1 2 3 4 5 6</p>		1	2	3	4
			Start a gratitude list - add one thing you are grateful for every day this month.	Model gratitude towards a colleague today.	Leave a note or small gift of gratitude for the custodians.	Wake up early to appreciate the sunrise.
5	6	7	8	9	10	11
Sleep in.	Write down 10 things you are grateful for.	Don't complain or gossip for 24 hours.	Place sticky notes around your workplace expressing gratitude to those you work with.	Be grateful for you! Do something nice for yourself today.	Model patience; especially when in a hurry.	Be grateful for your body. Take care of it today with exercise and good food.
12	13	14	15	16	17	18
Rest. Relax. Repeat.	<b>WORLD KINDNESS DAY!!!</b>	Let someone know how much you appreciate them.	Appreciate the weather - rain, sun, wind, snow... it's all good!	Eat a healthy meal today.	Sit outside and enjoy the sunset.	Look through old photos to remember the important events and people in your life.
19	20	21	22	23	24	25
Spend time today enjoying your own company.	Write a letter of gratitude to someone who has positively impacted your life.	Let your colleagues know how grateful you are for them.	Tune into the wonderful things happening around you.	Spend the day with those you consider family.	<b>RAK FRIDAY!</b> Spread kindness all day long.	Shop local - support small businesses.
26	27	28	29	30	1	2
Paint rocks to leave in random places for strangers to find.	Write a letter of gratitude to someone. Mail it.	Hydrate your body.	Invest in a gratitude journal and continue recording moments in your life.	Read your gratitude notes collected throughout the month.		



[randomactsofkindness.org/world-kindness-day](https://randomactsofkindness.org/world-kindness-day)

Visit our website for fun resources to celebrate World Kindness Day on November 13, 2023.