

25 Days Of Gratitude

SUN	MON	TUE	WED	THU	FRI	SAT	NOTES
				1 Thank a veteran or public service member for their work.	2 Take some time to express gratitude to someone on your mind.	3 Cook a meal and serve it to family or friends.	
4 Share your smile with as many people as you can, as often as you can.	5 Affirm: I am in charge of how I feel, and I choose joy.	6 Give someone a hug today and share with them how grateful you are for them.	7 Print out a photo of your favorite holiday memory & put it somewhere you can see it daily.	8 Have lunch with a friend and enjoy good company.	9 Donate ingredients for your favorite holiday meal to your local food bank/pantry.	10 Think about a past mistake, forgive yourself for it, and describe why you're grateful for making it.	
11 Replace complaints with a thought of gratitude.	12 Tell a loved one "Thank you" for everything they have done for you.	13 Invite a friend or family member to join you for a winter themed activity.	14 Write a 5-star review for a restaurant that you've eaten at recently.	15 Quote of the Day: "Appreciate everything, even the ordinary. Especially the ordinary." - Pema Chodron	16 Pay close attention to your thoughts when wrapping gifts. Remember to wrap with love!	17 Unfollow any social media accounts that are triggering or draining.	
18 Treat yourself to your favorite meal, dessert can be included!	19 Share a non-profit or cause that you're passionate about.	20 Write a letter to yourself thanking yourself for all your growth during this holiday season.	21 Affirm: I have the power to make this a beautiful day!	22 Do a random act of kindness today.	23 Quote: "Joy is the simplest form of gratitude." - Karl Barth	24 Prepare some little extra holiday treats to share with your neighbor.	
25 Give yourself a special gift or treat.	26 Bonus: Repeat! Gratitude does not have to end with the holidays!						

