Thanksgiving-Themed

Gratitude *Journaling* *for* November

S	M	T	W	T	F	S
1 An ordinary but vivid memory of a past Thanks-giving.	2 How past Thanks-givings were unique to your family.	3 Family Thanks-giving and holiday traditions you'd like to continue.	4 What you love most about gathering with other people.	5 A particular family member you saw at Thanks-giving whose presence you treas-ured.	6 Simple luxuries that can bring you joy this month.	7 What you have an abun-dance of in your life right now.
8 Ways you could let the people you care about most know that you appreciate them.	9 How you could help someone this month.	10 Communi-ties you're a part of and why.	11 Places you can find communi-ty.	12 A time someone supported you in an unexpect-ed way.	13 Simple things about your home that make it comforta-ble.	14 People you feel 'at home' around.
15 What you're grateful to have learned this year.	16 What you appreciate and love about the place you live.	17 Some-one who may need encour-agement from you today.	18 A meal that tastes like 'home' and why.	19 Mem-orable moments from past Thanks-givings.	20 What you appreciate about life in this moment.	21 Things you'd be excited to tell your younger self to look forward to, know-ing what will happen.
22 Sights you're grateful for at Thanks-giving.	23 Sounds you're grateful for at Thanks-giving.	24 Scents you're grateful for at Thanks-giving.	25 Tastes you're grateful for at Thanks-giving.	26 One thing you love about each person you're with today.	27 Some-one you can't be with at Thanksgiv-ing whom you're grateful for.	28 Every-day things you overlook that, if you stop and pause, are wonderful.
29 Some-one who taught you the value of kindness and giving.	30 Some-one in your life who deserves a 'thank you' and why.	1	2 	3	4	5 O & H Ordinary & Happy