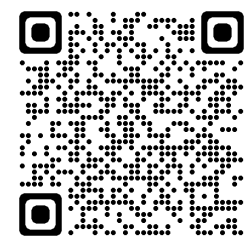


# Mindfulness Calendar

2024  
November

Things I'm grateful for!



| Sunday  | Monday   | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday   |
|---|--|---|--|---|--|--|
| 27  | 28   | 29  | 30   | 31  | 1<br>Start your day by naming three things you're grateful for | 2<br>Write a thank-you note to someone who's made a difference |
| 3<br>Express gratitude for your health and well-being     | 4<br>Appreciate a challenge that has taught you something valuable | 5<br>Acknowledge the support of friends and loved ones        | 6<br>Be thankful for the lessons learned from mistakes         | 7<br>Reflect upon the opportunity that new challenge brought to you | 8<br>Notice small acts of kindness from others                 | 9<br>Feel gratitude for the opportunity to learn and grow      |
| 10<br>Thank your body for its resilience and strength     | 11<br>Count your blessings before going to sleep                   | 12<br>Appreciate the unique qualities of each season          | 13<br>Value the moments of stillness in your day               | 14<br>Express gratitude for the love in your life                   | 15<br>Recognize the abundance in your surroundings             | 16<br>Thank a mentor or role model in your life                |
| 17<br>Appreciate the beauty in art or music               | 18<br>Be grateful for your senses and their experiences            | 19<br>Think about a recent success, no matter how small       | 20<br>Appreciate the privilege of having choices in life       | 21<br>Thank yourself for your resilience and inner strength         | 22<br>Reflect on the positive impact you've had on others      | 23<br>Find gratitude in the ordinary moments of your day       |
| 24<br>Appreciate the diversity and perspectives of others | 25<br>Thank a coworker for their support or collaboration          | 26<br>Express gratitude for your ability to make a difference | 27<br>Recognize the love and joy in your closest relationships | 28<br>Savor your meal today, appreciating each bite                 | 29<br>Appreciate a simple pleasure you often overlook          | 30<br>Reflect on the beauty of the season around you           |