



KEEP A DAILY ATTITUDE OF GRATITUDE JOURNAL!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Start a Gratitude Journal this month. Every evening, list something from</i></p>	<p><i>the day for which you are grateful!</i></p>	<p>1 Say "thank you" to someone who works in your community</p>	<p>2 Thank someone who has brought you joy Reinvention Meeting – 7pm</p>	<p>3 Thank a neighbor for their friendship Reinvention Meeting – 10 am</p>	<p>4 Thank your letter carrier or someone working at the Post Office</p>	<p>5 Give someone a flower as a thank you</p>
<p>6 Thank a Board Member for their service David Hiller workshop 1-4</p>	<p>7 Let a mentor know how much his/her advice has meant to you</p>	<p>8 Look for a way to express gratitude for a difficult situation or person in your life</p>	<p>9 Leave a thank-you note [with your tip] for someone who waits on you</p>	<p>10 Tell a family member what he/she means to you</p>	<p>11 Compliment someone you do not know (be sure it is sincere!)</p>	<p>12 Write a letter letting a friend know what they have meant to you</p>
<p>13 Forgive someone today, and find something about him/her for which you can be grateful.</p>	<p>14 Show gratitude for Silence by taking a day off from technology!</p>	<p>15 Say "thank you" to a child in your life</p>	<p>16 Call someone you haven't seen in a while, and let them know why you appreciate them</p>	<p>17 Make a list of 5 past experiences that seemed bad, but for which you are now grateful.</p>	<p>18 Write a letter to someone in your family saying "Thank You"</p>	<p>19 Write a letter to thank a former teacher</p>
<p>20 Thank someone on the Hospitality Team USLC POTLUCK</p>	<p>21 Send an email to a long-lost friend. Try Facebook to find them!</p>	<p>22 Make a list of the people in your life for which you are grateful</p>	<p>23 Find 5 ways to show gratitude today</p>	<p>24 </p>	<p>25 Share your leftovers with someone, and share gratefulness in your abundance</p>	<p>26 Tell the check-out person in the grocery store how much you appreciate them</p>
<p>27 Say "Thank You" to someone sitting near you in church</p>	<p>28 Make a list of all the things you are grateful for!</p>	<p>29 Do a "secret" act of kindness for someone who has blessed your life</p>	<p>30 Spend joyful time in meditation focusing on gratitude for your Spiritual growth this month!</p>	<p><i>"In every thing give thanks . . ." (1 Thessalonians 5:18)</i> <i>"Every time we remember to say thank you, we experience nothing less than heaven on earth." (Sarah Ban Breathnach)</i></p>		

