



Grateful November

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sprinkle Gratitude⁰¹
on everything
eaten

Gratitude for⁰²
the special ppl
in your life.

Grateful to the⁰³
growers &
distributors of
your food

Feel grateful for⁰⁴
indoor plumbing
with every toilet
use

Gratitude for all⁰⁵
the items you
receive as you pay
for them

Gratitude for your⁰⁶
transportation
with every ride

Grateful for the⁰⁷
use of your legs as
you walk into
every room

Gratitude for your⁰⁸
clothes keeping
you not naked

Grateful for loved⁰⁹
ones, be it family,
friends, pets or
spirituality

Grateful for the¹⁰
outdoor space
around your home
going in & out

Appreciate¹¹
having shelter,
however it
comes

Grateful for your¹²
sence of smell
with every
fragrance

Grateful for shoes¹³
on your feet with
every step on dirty
or rough surfaces

Gratitude for the¹⁴
weather, its not
extreme this
month

Gratitude for your¹⁵
weekend plans, be
it rest fun or
making S

Grateful for the¹⁶
convenience of my
availability of my
food

Grateful for your¹⁷
sight, even if you
need glasses! It
could be worse!

Gratitude for the¹⁸
roof & walls that
keep you
protected.

Appreciate your¹⁹
skin that
protects &
warms you

Grateful for the²⁰
mild weather, no
storms, no
heat/cold waves!

Thankful to have²¹
income, however
it comes

Thankful for²²
rest, even if it is
in spurts!

Appreciate²³
community. Even if
its little, online, or
your kids.

Appreciate the²⁴
long upcoming
weekend

Grateful for the²⁵
ability to aquire
food for a feast!

As we prepare²⁶
our feast, infuse
it with love &
good will

Saving space &²⁷
prayers to all the
indigenous ppl of
this land

Gratitude for a²⁸
day of rest,
replenishment
& rejuvenation

Appreciation for²⁹
having a safe
space when
things get chaotic

Appreciate this³⁰
full month of
daily
appreciation!