



# NOVEMBER GRATITUDE CHALLENGE 2018



Throughout the month of November, we encourage you take part in the Gratitude Challenge.

It encourages people to deeply reflect on the topic of gratitude. By participating in a daily gratitude challenge, it helps you to consider all that is good in your life. It creates a moment for reflection and changes negative thinking patterns in your brain. Plus, it offers moments to show your appreciation toward others.

Learn more at [TotalWellnessHealth.com](http://TotalWellnessHealth.com)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Define Gratitude	2 Write Down What You're Grateful For	3 Say Thank You
4 Say Morning Gratitude Affirmations	5 Send a Thank You Card	6 Offer a Moment of Silence	7 Write a Nice Review	8 Donate	9 Show Someone You Love Them	10 Serve Others
11 Pay it Forward	12 Write Letters To Troops	13 Read About Gratitude	14 Hang a Gratitude Board	15 What Am I taking for Granted?	16 Get Social	17 Focus on You
18 Send Flowers	19 Make a Gratitude Jar	20 Tip Someone Well	21 Open the Door for Strangers	22 Announce Your Thanks	23 Share Your Abundance With Others	24 Gratitude Post-Its
25 Give a Gift	26 Call a Friend	27 Meditate	28 Compliment Someone	29 Discover Awe	30 Take It All In	

GRATITUDE CAN TRANSFORM COMMON DAYS INTO THANKSGIVINGS, TURN ROUTINE JOBS INTO JOY, AND CHANGE ORDINARY OPPORTUNITIES INTO BLESSINGS.

WILLIAM ARTHUR WARD

