Mindfulness Calendar - *Gratitude*

2026

November

Things I'm grateful for!

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

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