12 DECEMBER 2026

A Month of Gratitude

Looking back on the year. Notice one good thing a day.

NOVEMBER 2026

M	T	W	T	F	S	S
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

JANUARY 2027

M	T	W	T	F	S	S
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25	26	27	28	29	30	31

MON	TUE	WED	THU	FRI	SAT	SUN
	1 Write down three good things from this year	**2** Thank someone who made your year better	**3** Look at old photos and pick your favorites	**4** Write a thank-you card to someone special	**5** Name one thing you are glad you did this year	**6** Thank your body for carrying you through the year
7 List five things you were given this year	**8** Thank the people you saw most often	**9** Remember a day that made you smile	**10** Thank someone for a gift, big or small	**11** Write about a place you are glad you visited	**12** Notice what you have that you once wished for	**13** Thank a friend you did not thank enough
14 List the foods you enjoyed this year	**15** Thank a mentor, boss or teacher	**16** Remember a song that was part of your year	**17** Write about a moment of kindness you saw	**18** Thank yourself for one hard thing you did	**19** Notice what you are glad is still the same	**20** Thank the people who work during the holidays
21 Be glad for the rest this season gives	**22** Write what you hope to keep next year	**23** Say thank you to your family	**24** Light a candle and think of good things	**25** **Christmas** Thank someone who is no longer near you	**26** Write about a person you are glad you met	**27** Notice one small thing you are glad for right now
28 Write three thank-yous you want to send	**29** Read your gratitude list from this year	**30** Thank the year, in your own words	**31** Write one thing you want to be grateful for next year			