01 JANUARY 2027

A Month of Gratitude

Small things. Notice one good thing a day.

DECEMBER 2026

M	T	W	T	F	S	S
	1	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	31			

FEBRUARY 2027

M	T	W	T	F	S	S
1	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

MON	TUE	WED	THU	FRI	SAT	SUN
				1 New Year's Notice one small thing you are glad for today	**2** Write down three things that went well	**3** Look out the window and name one thing you like
4 Say thank you to someone who serves you today	**5** Drink something warm and enjoy it	**6** Thank the people who made your breakfast	**7** Notice that you have clean water to drink	**8** Write one thing in your home you are glad for	**9** Thank someone for a small thing they did	**10** Notice the light in your room right now
11 Write about one good thing from last year	**12** Listen to one song you are glad exists	**13** Thank your bed for a good rest	**14** Name one thing that works well in your day	**15** Notice one sound you like	**16** Say thank you out loud, even to yourself	**17** Appreciate a tool you use every day
18 MLK Day Write one thing you are glad you have learned	**19** Notice a plant or a tree on your way	**20** Tell someone you are glad they are in your life	**21** Thank the weather for one thing	**22** Write down one thing you did well this month	**23** Eat a meal slowly and thank the cook	**24** Notice something soft, like a blanket or a sweater
25 Name a small comfort you are glad for	**26** Write one thing you want to remember from today	**27** Look up and notice something far away	**28** Thank your hands for one thing they did	**29** Notice a smell you like	**30** Write a short note of thanks and keep it	**31** Read your list and pick your favorite