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