06 JUNE 2027

A Month of Gratitude

Home and daily life. Notice one good thing a day.

MAY 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	29	30
31						

JULY 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
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MON	TUE	WED	THU	FRI	SAT	SUN
	1 Name one thing in your home that makes you smile	**2** Thank your pillow and your blanket	**3** Appreciate your kitchen and what it gives you	**4** Notice a chair or table you use every day	**5** Thank the person who cooks at home	**6** Look around and find three useful things
7 Thank your door, your keys and your lock	**8** Notice the light in your favorite corner	**9** Say thank you for hot water	**10** Appreciate your clothes and who made them	**11** Thank your phone for connecting you to someone	**12** Notice the quiet in your home	**13** Thank your neighbors for small things
14 Wash a dish slowly and feel the warm water	**15** Appreciate a book on your shelf	**16** Notice something you have used for years	**17** Thank a plant in your home	**18** Make your bed and enjoy a tidy space	**19** **Juneteenth** Look at one thing that reminds you of a good time	**20** Thank the people who built your home
21 Appreciate the food in your fridge	**22** Light a candle or open a window	**23** Notice your favorite mug	**24** Thank electricity and the people who keep it on	**25** Put on a song and tidy up	**26** Thank your shoes for taking you places	**27** Notice the smell of your home
28 Appreciate a repair someone did	**29** Sit in your favorite spot for ten minutes	**30** Thank everyone you live with				