03 MARCH 2027

A Month of Gratitude

Your body. Notice one good thing a day.

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

APRIL 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		

MON	TUE	WED	THU	FRI	SAT	SUN
1 Thank your body for one thing it did today	**2** Thank your feet for carrying you	**3** Notice your breathing for one minute	**4** Thank your eyes for what they let you see	**5** Stretch slowly and feel thankful	**6** Thank your hands for what they made	**7** Drink a glass of water slowly
8 Thank your heart for beating all day	**9** Eat something that makes you feel strong	**10** Notice something you can hear	**11** Walk and feel your legs working	**12** Thank your body after a tiring day	**13** Notice the taste of one bite	**14** Wash your face and feel the water
15 Thank your sleep for helping you recover	**16** Move in a way that feels good today	**17** Notice one thing your body does without effort	**18** Thank your skin for protecting you	**19** Smell something fresh, like tea or a flower	**20** Rest your eyes and thank them	**21** Thank someone who helps you stay healthy
22 Notice how good a hot shower feels	**23** Thank your mind for one idea today	**24** Write one thing your body can do that you value	**25** Lie down and feel the ground holding you	**26** Thank your teeth and tongue for a good meal	**27** Look at your hands and thank them	**28** Dance or sway to one song
29 Notice how you feel after a walk	**30** Thank a doctor, nurse or helper in your life	**31** Write a short thank-you to your body				