11 NOVEMBER 2026

A Month of Gratitude

What is already enough. Notice one good thing a day.

OCTOBER 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	

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			

MON	TUE	WED	THU	FRI	SAT	SUN
						1 Name three things you already have that are enough
2 Write down one thing you do not need to buy	**3** Notice that you ate today, and be glad	**4** Thank the people who keep your lights on	**5** Look at your shelves and pick one thing you love	**6** Be glad for a warm place to sleep	**7** Write about a day when you felt you had enough	**8** Thank someone for something you took for granted
9 Notice clean clothes and thank the machine	**10** Thank a friend for the time they gave you	**11** **Veterans Day** Name one thing money cannot buy that you have	**12** Say thank you for a simple meal	**13** Write what you would miss if it were gone	**14** Be glad for the healthy people around you	**15** Notice the roof over your head
16 Thank someone who shared with you	**17** List five small things in your bag you are glad for	**18** Enjoy a favorite snack and say thanks	**19** Thank your phone, your charger and your wifi	**20** Write about something you own and still love	**21** Be glad that you can read	**22** Thank a person who has been kind this month
23 Notice the people you share your day with	**24** Enjoy a cold morning and a warm bed	**25** Write down three things you did not lose	**26** **Thanksgiving** Thank your body for staying strong this year	**27** Name one thing you would give thanks for at a feast	**28** Be glad for the road that brought you here	**29** Write what you have more of than you used to
30 Say thank you for all the small things						