10 OCTOBER 2027

A Month of Gratitude

Hard times that taught you. Notice one good thing a day.

SEPTEMBER 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			

NOVEMBER 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 Think of a hard time and name what you learned	2 Thank someone who helped you through a hard time	3 Write what a difficult time gave you
4 Notice a strength you found in a tough moment	5 Thank a person who stayed with you	6 Write about a loss and what it taught you	7 Be glad for something that ended and made room	8 Name one good thing that came from a mistake	9 Thank your past self for getting through	10 Write what you would not know without it
11 **Columbus Day** Notice how a hard time changed what you care about	12 Thank the people who showed up	13 Write down a fear that did not come true	14 Be glad for a problem that is now solved	15 Notice what you can handle now	16 Thank the quiet after something hard	17 Remember who offered you a hand
18 Name a lesson you hated and now value	19 Thank a friend who told you the truth	20 Write about a time you surprised yourself	21 Notice that you made it through	22 Thank the small things that helped you cope	23 Write what you would say to someone going through it	24 Be glad for who you became after it
25 Thank a song or book that kept you going	26 Notice a scar and what it means	27 Write one thing hard times made clearer	28 Thank someone you hurt who forgave you	29 Be glad for rest after a long effort	30 Write down three things you got through	31 Thank yourself for not giving up