

2023

November



A MONTH OF
GRATITUDE &
COMPASSION!

Thankful
& Grateful

Blessed

1 Buy A GRATITUDE JOURNAL. Start a gratitude practice.

2 This month, send a "thank you" note to 4 people who have made your life better - send 1 a week!

3 Today, pause before you speak, and choose words with positive intention.

4 Pay for the person behind you in line.

5 Daylight Savings Time ends. Wake up early and enjoy the morning quiet. Reflect on what is good in your life!

6 Remove complaints and curses for one week.

7 MAKE TODAY "BE-KIND-TO-ME" DAY (Speak only nice things to yourself.)

8 Make eye contact & smile at strangers today. It's amazing how you'll feel when they smile back.

9 Give someone a genuine compliment.

10 Send flowers to someone just because.

11 Today is 11-11 Today is the day to step out of your comfort zone and do something new! You are supported and safe! That's something truly to be grateful for! (P.S. Thanks a lot today, too!)

12 Tomorrow is the new moon. Do something new for yourself that you've never ever done!

13 WORLD KINDNESS DAY! Do a random act of KINDNESS today!

14 Ask yourself "What can I do to love myself a little more today?"

15 Plan a "gratitude" party instead of a holiday party. Each guest donates a gift. Each guest also shares one thing they are grateful for.

16 Make a donation.

17 Today let go of one old hurt. Repeat over & over... "Let it go."

18 Think of ONE thing you are extremely grateful for.

19 GO ON A HIKE TODAY! FIND & HUG A TREE!

20 Forgive yourself! Practice Ho'oponopono. Say to yourself: I'm sorry. Please forgive me. Thank you. I love you.

21 Make a Hand Turkey! Tap back into that holiday feeling you had as a kid!

22 Call someone you haven't spoken to in a while and wish them a Happy Thanksgiving!

23 Feast on hope and love today... then watch Miracle on 34th Street and BELIEVE!

24 Breathe. Be grateful for peace. Be a symbol of compassion today.

25 SHOP! for a gift for yourself, too.

26 DO A DANCE OF GRATITUDE! Listen to Karen Drucker's "I'm so Grateful" and Dance! Dance! DANCE!

27 Buy some small gift cards & randomly give them away to strangers throughout December!

28 Create a vision board for 2024. Use part of it to reflect on what you're grateful for. The more you appreciate what you have, the more things will "appreciate."

29 Make a gratitude advent calendar for December... Thankful FOREVER

30 Today, make a commitment that you will become a kid again in December! Hit the holiday season with a playful heart!

Camp Atta Girl! The Happiness Element download this calendar at campattagirl.com/calendar & happinesselement.com/calendar