

Gratitude May Calendar

Monday

1

Be grateful of your parents or guardians. Give them a big hug.

8

Think about what gratitude means to you, write a poem about it.

15

What sounds are you grateful to hear?

22

What sights are you grateful to see?

29

Draw a scene you are grateful for.

Tuesday

2

What feelings are you grateful to feel?

9

Think of 2 things you take for granted but actually value.

16

Buy someone a nice compliment.

23

What is your favorite way to express gratitude?

30

Think of happy memories and how much joy they bring you.

Wednesday

3

Think of happy memories and how much joy they bring you.

10

Who is someone who inspired you to be a better person?

17

What lessons are you grateful your learned, and what?

24

What is the most incredible meal you've been grateful for?

31

Repeat it with love this month, next month.

Thursday

4

Talk about something you are grateful for.

11

Tell your friends and family that you are grateful for them.

18

Search online someone you inspire/aspire to recently.

25

Write a list of people who you think are grateful to know you.

Friday

5

Write a letter to someone who has brought you happiness.

12

What person are you grateful for?

19

Write down 3 people who have positively impacted your life.

26

What qualities do you like about yourself?

Saturday

6

Write down 3 things you are grateful for this week.

13

What talent are you grateful for?

20

At the end of the day, write or draw one great thing that happened.

27

Use the word GRATITUDE as an acronym to write things you are grateful for.

Sunday

7

Write a letter to someone who has made you laugh.

14

Write a note to someone to show them that you care.

21

Be kind to yourself and do something special for you.

28

What are you most grateful for today?