

# November

# 2019

Let's dare to live thanks.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Daily Dare: Write three things that make you joyful. Live thanks!</i>					1 Get a dedicated notebook.	2 Take a nap.
3 Take time to do nothing.	4 Write an anonymous Thank You note.	5 Plan a meal to savor this month.	6 Encourage someone who shows courage and perseverance.	7 Thank someone who is always there for you.	8 Say no to something, "Thanks for thinking of me, but . . ."	9 Get outside for 20 minutes.
10 Do something to honor someone you love or have loved.	11 Thank a veteran.	12 Give blood or give something to someone who needs it.	13 Take a different route.	14 Do a random act of kindness . . . or 50.	15 Enjoy an after school/work/noon treat.	16 Clean out a cupboard.
17 Spend time with family or friends.	18 Thank someone who serves to represent you.	19 Eat the frog! Do the thing you're putting off.	20 Call an old friend.	21 Pull out an old recipe to enjoy.	22 Schedule a day in January to retreat and envision 2020.	23 Create something.
24 Take a walk to reconnect with what's most important.	25 Thank a mentor.	26 Smile and say thanks at a checkout counter.	27 Make a sweet playlist and dance it out.	28 Enjoy a warm beverage.	29 Black Friday: <i>GIVE THANKS</i> for what we already have.	30 Put gratitude on the agenda at your institution or workplace.