

N O V E M B E R

*“The only way to live is by accepting each minute as an unrepeatable miracle.”
— Tara Brach*

<p>1</p> <p>Spend 5 minutes writing down all the things you're grateful for.</p>	<p>2</p> <p>Who makes you laugh? Send them a text expressing your gratitude.</p>	<p>3</p> <p>Start the “7 Days of Gratitude” series on Calm.</p>	<p>4</p> <p>Name a part of your body you're grateful for and why.</p>	<p>5</p> <p>Think of someone who has been kind to you. Feel gratitude for 30 seconds.</p>	<p>6</p> <p>Play your favorite song. Close your eyes, let the music wash over you, and enjoy.</p>	<p>7</p> <p>Think of something you appreciate right now. Notice how it makes you feel.</p>
<p>8</p> <p>What teacher are you thankful for? Think about what you've learned from them.</p>	<p>9</p> <p>Listen to the “Gratitude Body Scan for Sleep” meditation tonight.</p>	<p>10</p> <p>For every letter of the alphabet, write down something you're grateful for.</p>	<p>11</p> <p>Give back to your body — take a bath, a nap, get in nature, whatever feels best.</p>	<p>12</p> <p>Close your eyes and imagine yourself in a place in the world that you love.</p>	<p>13</p> <p>Buy or make a small gift for someone you appreciate.</p>	<p>14</p> <p>Try the Gratitude Check-In on Calm</p>
<p>15</p> <p>Take a gratitude walk. Open your senses and appreciate your surroundings.</p>	<p>16</p> <p>Think of the people who have helped make this moment possible for you.</p>	<p>17</p> <p>Start your day on the right foot with the “Gratitude for the Day” meditation.</p>	<p>18</p> <p>Write a thank you note to yourself for all the ways you take care of yourself.</p>	<p>19</p> <p>Share 3 things you're grateful for with a friend.</p>	<p>20</p> <p>Listen to the “Gratitude Before Meal” session in Calm's Mindful Eating Series.</p>	<p>21</p> <p>Thank your body by giving it the gift of rest today. A nap or early night.</p>
<p>22</p> <p>Is there something in your life that you might be taking for granted?</p>	<p>23</p> <p>Do something you love doing today. Soak up the enjoyment as a gratitude practice.</p>	<p>24</p> <p>Write a message of thanks to someone who has made a difference in your life.</p>	<p>25</p> <p>Start a gratitude journal. We made one for you on the Calm Blog!</p>	<p>26</p> <p>Listen to the “Gratitude” Sleep Story before bed.</p>	<p>27</p> <p>Look for the gift in something you find challenging.</p>	<p>28</p> <p>Choose one of your senses and pay close attention to the gifts it offers through the day.</p>
<p>29</p> <p>Inhale, think of something you're grateful for. Exhale, thanks. Repeat 5 times.</p>	<p>30</p> <p>Write a list of the things you commit to extending gratitude towards going forward.</p>					

