

# November

## APPRECIATE

01 Spend 5 minutes writing down all the things you're grateful for.

02 Who makes you laugh? Send them a text expressing your gratitude.

03 Start the "7 Days of Gratitude" series on Calm.

04 Name a part of your body you're grateful for and why.

05 Think of someone who has been kind to you. Feel gratitude for 30 seconds.

06 Play your favorite song. Close your eyes, let the music wash over you, and enjoy.

07 Think of something you appreciate right now. Notice how it makes you feel.

08 What teacher are you thankful for? Think about what you've learned from them.

09 Listen to the "Gratitude Body Scan for Sleep" meditation tonight.

10 For every letter of the alphabet, write down something you're grateful for.

11 Give back to your body — take a bath, a nap, get in nature, whatever feels best.

12 Close your eyes and imagine yourself in a place in the world that you love.

13 Buy or make a small gift for someone you appreciate.

14 Try the Gratitude Check-In on Calm

15 Take a gratitude walk. Open your senses and appreciate your surroundings.

16 Think of the people who have helped make this moment possible for you.

17 Start your day on the right foot with the "Gratitude for the Day" meditation.

18 Write a thank you note to yourself for all the ways you take care of yourself

19 Share 3 things you're grateful for with a friend.

20 Listen to the "Gratitude Before Meal" session in Calm's Mindful Eating Series.

21 Thank your body by giving it the gift of rest today. A nap or early night.

22 Is there something in your life that you might be taking for granted?

23 Do something you love doing today. Soak up the enjoyment as a gratitude practice.

24 Write a message of thanks to someone who has made a difference in your life.

25 Start a gratitude journal. We made one for you on the Calm Blog!

26 Listen to the "Gratitude" Sleep Story before bed.

27 Look for the gift in something you find challenging.

28 Choose one of your senses and pay close attention to the gifts it offers through the day.

29 Inhale, think of something you're grateful for. Exhale, thanks. Repeat 5 times.

30 Write a list of the things you commit to extending gratitude towards going forward.

