

“Gratitude is like a love letter to your life.”

Tamara Levitt

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01 Think of one thing that you are grateful for right now. Give yourself time to soak in the feeling of gratitude and notice how you experience it in your body.

02 Think of the person who makes you laugh the most in your life. Send them a text expressing your gratitude.

03 Name a part of your body that you are grateful for and why. Optional: draw a little heart there (a temporary tattoo of sorts).

04 Think of someone who has been kind to you. Take a moment to pause and feel your gratitude for 30 seconds.

05 Mindfully eat your lunch today and practice gratitude for the food you have to eat. Listen to Calm's Gratitude Before Meal session.

06 What teacher are you thankful for? Tap into gratitude and take a moment to think about what you've learned from them.

07 What song makes you happy? Take a few minutes to lie down, close your eyes, and listen deeply. Or, dance!

08 For every letter of the alphabet, write down something that you are grateful for.

09 Take a photo of something that inspires gratitude in you.

10 Think of a place in the world that you love. Close your eyes and imagine yourself there.

11 Practice maintaining eye contact when you say thank you. Do the same when someone thanks you.

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

13 Take a gratitude walk. Open your senses to your surroundings and silently say thank you to everything that you are grateful for.

14 Talk about gratitude at the dinner table tonight.

15 Relate to your hands and feet with gratitude. How do they support you? How do they bring possibility into your life?

16 Practice gratitude for the people who have come before you. Think of the people who have helped make this moment possible for you.

17 Write a thank-you note to yourself for all of the ways that you have loved and taken care of yourself over the years.

18 Get crafty & make something to remind you to practice gratitude. Maybe a gratitude jar, a note on your bathroom mirror, or a gratitude chalkboard in the kitchen.

19 Ask 3 different people what they are grateful for and why.

20 Relate to water with gratitude today. Savor the warmth of water while bathing, your access to clean drinking water, or the soothing quality of the ocean.

21 Thank your body for sleeping last night (even if it wasn't for as long as you wished).

22 Is there something in your life that you might be taking for granted? Take a moment to reflect on this.

23 Do something you LOVE doing today. Be sure to give yourself time to FEEL the experience.

24 Write a letter to someone who has made a difference in your life. Thank them and tell them why you are grateful.

25 Think of a time when you felt seen and heard. Remember what you most appreciated about that moment.

26 Type "gratitude" into the search bar in the Calm app and choose a session to try today.

27 Look for the goodness in someone who you find challenging to be around.

28 What color do you love? Keep an eye out for that color in the world today, and take a moment to soak it in each time you see it.

29 Choose one of your senses (sight, touch, smell, taste, or sound) and move through your day with awareness of and gratitude for that sense.

30 Inhale and think of something you're grateful for. Exhale gratitude. Repeat at least 5 times.