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Celebrations are often those moments in time that create some of the best experiences. They can also bring on emotions of sadness, fear, and anger. For the next 30 days, you will be challenged to remember many different types of gatherings, events, etc., and journal about your memories, feelings, and expectations. These can be previous or future events. After journaling for the day, take a moment to write 1 word or 1 sentence that best describes the feelings invoked for that day's entry, and add it to your personal Gratitude Jar. If the theme doesn't match your mood for the day, feel free to create your own theme. This gratitude journal is for your eyes only and will not be collected at the end of the challenge. You are encouraged to look back on your journal throughout the year as a reminder to always be mindful and full of thanks.

“The simple act of practicing gratitude, consistently, is your invitation to a new life. Accepting the invitation is now up to you.” -Unknown

November 1 Birthday

November 2: Graduation

November 3: Engagement

November 4: Retirement

November 5: Work Achievement (promotion, certification, award, etc.)

Notes

November 6: Milestone
November 7: Wedding
November 8: Baby Shower
November 9: Christmas or Holiday Gathering
November 10: House Warming

Notes

November 11: Volunteer Event
November 12: A memorable social gathering with friends
November 13: Wellness Goal Celebration (weight loss, marathon, etc.)
November 14: Anniversary
November 15: Bridal Shower

Notes

November 16: ISports win
November 17: Closing on or selling a home
November 18: INew business venture
November 19: Learning a new skill
November 20: Memorable family or friends vacation

Notes

November 21: Bachelorette or bachelor
November 22: Memorable summer outdoor event
November 23: Beach memory
November 24: Traditions or rituals (cultural, religious, etc.)
November 25: Moving memory (job, home, living in a new state, etc.)

Notes

November 26: Thanksgiving memory

November 27: Surprise! Celebration

November 28: Child's first...

November 29: Prom or High school formal

November 30: Memorable date night

Notes

Jars of Joy

**** Note: These challenges are voluntary****

Having a tangible reminder of gratitude creates memories you can cherish for a lifetime. A Gratitude Jar is the perfect addition to any office, coffee table, or kitchen counter. Filling a gratitude jar is the perfect activity for the family! For the weekly challenge, consider adding a second jar to the mix for the family to fill as a unit, that reflects the gratitude theme for the week. How often everyone adds to the jar is completely up to you. Make it a daily mindful practice, or set a day during the week where everyone comes together (mid-week after dinner activity, Saturday morning breakfast routine, etc.). Get creative and decorate your Jar of Joy- make it eye catching! It should be something everyone will notice, and will look forward to engaging with.

**Week 1:
My Home
(Nov 1-6)**

Having a warm and cozy home to go to every day is a blessing. This week have the family express gratitude for having shelter. What do you love about your home the most?

**Week 2:
My Friends
(Nov 7-13)**

Having a supportive group of people you can rely on and have a good time with is the best. This week have the family express gratitude for their closest friends. What fond memories do you have with your friends?

**Week 3:
My Health
Nov (14-20)**

A healthy body and mind is foundational to a thriving life. This week have the family express gratitude for the ability to simply move and feel. What do you appreciate about your body the most?

**Week 4:
My Family
(Nov 21-30)**

A family bond is like no other. This week have the family express gratitude for each other. What do you appreciate the most about a specific family member (immediate or extended)?



**“Congratulations, you have completed the 30 Days of Gratitude Challenge!
Take this time to congratulate yourself for this great accomplishment.”**