



# GRATITUDE - NOVEMBER 2023

Develop a mindset of gratitude this month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Check Out Fresh Coast Groups</b></p> 			1 What memories are you thankful for?	2 What opportunities have you felt blessed to have experienced?	3 What have you learned recently that you're grateful for?	4 What qualities do you have that you're thankful for?
5 What experiences have you had that shaped who you are today?	6 What are your favorite things about your home that you appreciate?	7 What are relationships are you grateful for?	8 What have you accomplished that you're proud of?	9 What do you appreciate about your physical health?	10 What do you appreciate about your mental health?	11 What are you grateful for about your job?
12 What hobbies or interests are you thankful for?	13 What are your favorite foods?	14 What moments of humor or laughter have you experienced?	15 What moments of kindness have others shown you?	16 What traditions or cultural practices are you grateful for?	17 What moments of peace or calmness have you experienced?	18 What have you read, watched, or listened to that you're grateful for?
19 What opportunities for personal growth have you had?	20 What natural wonders or beauty do you appreciate?	21 What acts of service have you done that you're grateful for?	22 What about your spirituality or religion are you thankful for?	23 What qualities do you appreciate in your friends?	24 What have you learned from difficult situations that you're thankful for?	25 What support systems do you have in your life that you're grateful for?
26 What do you appreciate about technology?	27 What opportunities for adventure have you had?	28 What do you love about your creativity?	29 What do you appreciate about your city?	30 What challenges have you overcome that you're grateful for?		