

FROM GRATITUDE TO GENEROSITY

Notice what you're thankful for. Choose a way to pass that kindness along.

WHAT I AM GRATEFUL FOR

Someone who has made a difference in my life:

A kindness I have received recently:

Something in my life I sometimes take for granted:

WHAT I CAN SHARE

Consider what you have to offer this season. Check any that fit, and list ideas below.

☐ Time ☐ Attention ☐ Encouragement ☐ Skills ☐ Resources ☐ Help

TURN APPRECIATION INTO ACTION

Choose a few thoughtful actions, then add them to your planner.

I am grateful for...	*I can show it or pass it along by...*	*When*

CARRY IT FORWARD

At the end of November, take a moment to reflect:

What did I notice when I acted on my gratitude?

One practice I want to continue beyond November: