

DECEMBER 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Make a gratitude jar and when inspired add a note of thanks or something that made you smile.	2 Start the day by thanking your body and that you are alive!	3 National Hug Day Hug someone special (maybe virtually!) Tell them you're grateful for them.	4 Think about a place that brings you joy. Close your eyes and reflect back.	5 Do a mindfulness activity of gratitude.
6 Have a device free day and be grateful to disconnect. (Get outside!)	7 Reflect on an opportunity you have been given.	8 Send a card, email or note to someone special.	9 Think of a smell that brings back positive memories.	10 Human Rights Day Show gratitude for a freedom you experience.	11 Learn about a religion and celebrate diversity.	12 Find a plant to appreciate. Breathe in and out, thinking about the oxygen it generates for you.
13 Bake or cook something and show gratitude for your food. (Activity: Make Bliss Balls)	14 Make a list of things you want to appreciate more in your life.	15 Phone someone you haven't talked to for a while. Express what you appreciate about them.	16 Show gratitude for yourself. Write 3 things you love about you and post them.	17 Give someone a genuine compliment.	18 Write down two words that define what you are grateful for.	19 Set aside 20 minutes and take a gratitude walk in nature.
20 Read a book you are grateful for.	21 First Day of Winter Appreciate the changing seasons.	22 Look around where you live. What do you see that makes you smile?	23 Phone a friend and ask them what they are grateful for.	24 Listen to a song that reflects gratitude.	25 Acknowledge the food on your table and show gratitude.	26 Create a nature sculpture . Connect and show gratitude for nature.
27 Do something today that brings you joy.	28 Take 4 deep breaths to start the day and when you need it through the day.	29 Ask yourself what is different now from a year ago that you are grateful for?	30 Make a list of people and things you are grateful for in 2020 (add to your gratitude jar).	31 Thank those who brought you joy in 2020.	JANUARY 1 Read the notes from your gratitude jar and add to the jar throughout 2021!	