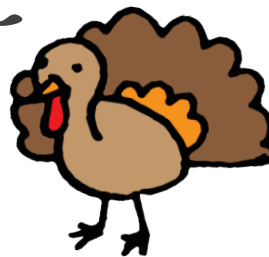


# 2019 November

## A MONTH OF GRATITUDE & KINDNESS



1 This month, Each night, write down 3 things that you are grateful for.

2 DO A DANCE OF GRATITUDE! PUT ON A SONG & JUST DANCE! DANCE! DANCE!


3 Buy some gift cards & randomly give them away to strangers throughout the month.

4 Each week this month, send a "thank you" note to someone who has made your life better in some way.

5 It's election day... VOTE! (And after, send massive loving thoughts into the world.)

6 Ask yourself "What can I do to love myself a little more today"

7 Make a donation.

8 Pay for the person behind you in line. 

9 Today, give yourself permission to be and feel however you want.

10 Give someone a genuine compliment.

11 Remove complaints and curses for one week.

12 Send flowers to someone anonymously.

13 WORLD KINDNESS DAY! Do a random act of KINDNESS today!

14  HUG A TREE TODAY

15 Strike up a conversation with a stranger.

16 Today, pause before you speak, and choose words with positive intention.

17 Begin a daily Practice of meditation.

18 Smile at strangers at the airport. It's amazing how you'll feel when they smile back.

19 MAKE TODAY "BE-KIND-TO-ME" DAY (Speak only nice things to yourself.)

20 Think of ONE thing you are extremely grateful for.

21 Hold open the door for the person behind you.

22 Forgive someone who has hurt you. (or not...it's up to you when you're ready!)

23  GIVE SOMEONE A GRATITUDE JOURNAL.

24 Make your own advent calendar for December... with each day giving of yourself in some way.

25 Invite someone new into your friend tribe.

26  TODAY IS THE NEW MOON. DO SOMETHING NEW!

27 Plan a "gratitude" party instead of a holiday party.

28 feast on hope and love today... then watch Miracle on 34th Street and be a kid again.

29 SHOP! for a gift for yourself, too.

30 Buy someone's Christmas tree for them.