

2020

# November

## A MONTH OF GRATITUDE & COMPASSION



**1** Buy a GRATITUDE JOURNAL. Start a daily gratitude practice.



**2** This month, send a "thank you" note to 4 people who have made your life better - 1 a week!



**3** VOTE if you haven't already! Then send loving thoughts into the world.



**4** Breathe. Be grateful for peace. Be a symbol of compassion today.

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

**6** Pay for the person behind you in line.



**7** Today is National Book Lovers Day. Find a quiet nook and reread a book that once inspired or touched you.

**8** Remove complaints and curses for one week.



**9** Give someone a genuine compliment.



**10** Send flowers to someone just because.



**11** Say Thank You to a Veteran today.



**12** Make eye contact & smile at strangers today. It's amazing how you'll feel when they smile back.

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

**14** Make a donation.



**15** TODAY IS THE NEW MOON. DO SOMETHING COMPASSIONATE FOR YOURSELF THAT YOU'VE NEVER DONE!



**16** GO ON A HIKE TODAY! FIND & HUG A TREE!



**17** It's World Peace Day. Repeat over and over... "Let it go."



**18** Think of ONE thing you are extremely grateful for.



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

**20** Forgive someone who has hurt you. Practice Ho'oponopono

**21** DO A DANCE OF GRATITUDE! Listen to Karen Drucker's "I'm so Grateful" and Dance! Dance! DANCE!

**22** Ask yourself "What can I do to love myself a little more today?"



**23** Plan a "gratitude" party instead of a holiday party.

**24** Call someone you haven't spoken to in a while and wish them a Happy Thanksgiving!

**25** Make a Hand Turkey! Tap back into that holiday feeling you had as a kid!



**26** Feast on hope and love today... then watch Miracle on 34th Street and BELIEVE!

**27** SHOP! for a gift for yourself, too.



**28** Buy some small gift cards & randomly give them away to strangers throughout December!

**29** Make your own gratitude advent calendar for December...

**30** Tonight, make a toast that there's only one-month left in 2020!

**Camp Atta Girl! The Happiness Element**  
download this calendar at [campattagirl.com/calendar](http://campattagirl.com/calendar)