



10 Day Thanksgiving Challenge

<p>List the people in your life you are grateful for.</p> <p>Think of them during your day</p> <p>Bonus Write down 3 - 5 things from your day you are thankful for</p>	<p>Name a person you appreciate.</p> <p>List what you appreciate about them.</p> <p>Bonus Write down 3 - 5 things from your day you are thankful for</p>	<p>Send a text, email or write a short note telling the person of your appreciation.</p> <p>Bonus Write down 3 - 5 things from your day you are thankful for</p>	<p>Notice outside an item in nature you are thankful for.</p> <p>List what you like about it</p> <p>Bonus Write down 3 - 5 things from your day you are thankful for</p>	<p>Take 5 minutes Do heart breathing & focus on the person/nature item listed on other days.</p> <p>Bonus Write down 3 - 5 things from your day you are thankful for</p>
<p>List Family Members you appreciate.</p> <p>List why you appreciate them.</p> <p>Bonus Write down 3 - 5 things from your day you are thankful for</p>	<p>Notice & Express "thanks" to people you come in contact with that day.</p> <p>Bonus Write down 3 - 5 things from your day you are thankful for</p>	<p>Notice the conveniences during the day and give thanks for them.</p> <p>Bonus Write down 3 - 5 things from your day you are thankful for</p>	<p>Notice the Little Things</p> <p>The warm cup of coffee, a smile, comfy chair.</p> <p>Bonus Write down 3 - 5 things from your day you are thankful for.</p>	<p>List your abilities, your unique gifts, Yes, you have some</p> <p>Be Thankful for them.</p> <p>Bonus Write down 3 - 5 things from your day you are thankful for</p>

More Thankfulness
Repeat or Add Some of Your Own

Bonus Write down 3 - 5 things from your day you are thankful for	Bonus Write down 3 - 5 things from your day you are thankful for	Bonus Write down 3 - 5 things from your day you are thankful for	Bonus Write down 3 - 5 things from your day you are thankful for	Bonus Write down 3 - 5 things from your day you are thankful for	Bonus Write down 3 - 5 things from your day you are thankful for.
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