

GRATITUDE CALENDAR



DEC
2021

SUN	MON	TUES	WED	THUR	FRI	SAT
						
			1 Smile at everyone you see today.	2	3 Treat someone to a coffee.	4
5 Find ways to be kind to yourself.	6	7 Help a person at the supermarket.	8	9 Collect old clothes to give to charity.	10	11 Do something kind for a neighbour.
12	13 Prepare a meal for a loved one.	14	15 Tell a colleague something you admire about them.	16	17 Hold the door for a stranger.	18
19 Watch the sunrise.	20	21 Provide encouragement to a friend.	22	23 Send a hand written note to a loved one.	24	25 Enjoy Christmas with your family/friends.
26	27 Give a stranger a compliment.	28	29 Go to the beach and put your toes in the sand.	30	31 Make a list of things you're grateful for in 2021.	