

November Gratitude Challenge

@StateofBalanceforLife

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Positive thing that happened today	2 Person that you're grateful for
3 2 Teachers that you're grateful for	4 2 Deserts that you're grateful for	5 2 Pets that you're grateful for	6 2 Physical traits of yours you're grateful for	7 2 Restaurants you're grateful for	8 2 Books you're grateful for	9 2 Friends you're grateful for
10 3 Movies you're grateful for	11 3 Objects you're grateful for	12 3 YouTube channels you're grateful for	13 3 Foods you're grateful for	14 3 Apps you're grateful for	15 3 Personality traits of yours you're grateful for	16 3 Family members you're grateful for
17 4 TV shows you're grateful for	18 4 People you're grateful for	19 4 Things that your body enables you to do	20 4 IG accounts you're grateful for – TAG THEM!	21 4 Reasons you're grateful for your body	22 4 Funny words you're grateful for ie; "PUDDLE"	23 4 Social media accounts you're grateful for
24 5 Favorite things to do	25 5 Memories you're grateful for	26 5 Articles of clothing you're grateful for	27 5 Accomplishments of yours you're grateful for	28 HAPPY THANKSGIVING! Tell someone you're grateful for them!	29 5 Things you're excited for	30 5 Reasons you're grateful you did this challenge!

BONUS: Share pictures of what you're grateful for on Instagram & tag me @StateofBalanceforLife
#NOVEMBERCHALLENGE #NOVEMBERGRATITUDE