

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<div>1</div> <p>How grateful are you? <u>Take a quiz.</u></p>	<div>2</div> <p>Learn more about <u>gratitude.</u></p>	<div>3</div> <p>Start your own <u>gratitude journal.</u></p>	<div>4</div> <p>How does <u>gratitude change your brain?</u></p>
<div>5</div> <p>Sustain an <u>open heart.</u></p>	<div>6</div> <p>Practice <u>gratitude at work.</u></p> 	<div>7</div> <p><u>Thank your coworkers.</u></p>	<div>8</div> <p>How has <u>gratitude evolved?</u></p>	<div>9</div> <p>Practice <u>5 minutes of gratitude.</u></p> 	<div>10</div> <p>Study <u>The Science of Gratitude.</u></p>	<div>11</div> <p><u>Savor a walk.</u></p>
<div>12</div> <p>Talk about someone <u>behind their back.</u></p>	<div>13</div> <p>How does <u>gratitude naturally develop?</u></p>	<div>14</div> <p>Write a <u>gratitude letter.</u></p>	<div>15</div> <p>Practice gratitude <u>when you don't feel grateful</u></p> 	<div>16</div> <p>Imagine your <u>life without...</u></p>	<div>17</div> <p><u>Why is gratitude good?</u></p>	<div>18</div> <p><u>Bring more joy</u> to your classroom.</p>
<div>19</div> <p><u>Remember the good times.</u></p> 	<div>20</div> <p>Write about the <u>positive.</u></p>	<div>21</div> <p><u>Ease loneliness</u> with gratitude.</p>	<div>22</div> <p>Bring gratitude <u>to your school.</u></p>	<div>23</div> <p>Check out this <u>gratitude project</u> website.</p>	<div>24</div> <p><u>Appreciate a poem.</u></p>	<div>25</div> <p>Book study! <u>The Gratitude Project</u></p>
<div>26</div> <p><u>Declutter your life.</u></p> 	<div>27</div> <p>How can gratitude <u>benefit your children?</u></p>	<div>28</div> <p><u>Give something up.</u></p>	<div>29</div> <p>How does gratitude <u>change your brain?</u></p>	<div>30</div> <p>Journal <u>with students</u> (+Video).</p>	<div>31</div> <p><u>Teach gratitude.</u></p>	