



CULTIVATING GRATITUDE MAKES YOU AND THE PEOPLE AROUND YOU FEEL BETTER.



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

Begin today with a grateful outlook.

2

A flower doesn't bloom without sunlight and strength, put your all into everything you do today.

3

Give yourself some time to enjoy one of your passions.

4

Do something that makes you feel joy today.

5



6

Be the Sun - Be a positive energizer for someone today.

7

Not the Salt - Turn a "Got To" into a "Get To".

8

We rise by lifting others, pass on a compliment to someone else today.

9

Go outside and get some sun, it feels amazing.

10

Tell someone that you care about them and that you value them.

11

Thank a veteran in your life.

12

Remind yourself to keep gratitude in your heart.

13

Celebrate "World Kindness Day" by spreading kindness wherever you go today.

14

Reach out to someone you haven't talked to in awhile.

15

Express your compassion for someone today.

NOVEMBER

To download our next calendar, visit BetheSunNottheSalt.com

