



PRACTICE CULTIVATING GRATITUDE IN YOUR OWN WAY.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOVEMBER

16

Choose to Be the Sun today.

17

Choose to not be the Salt today.

18

Show a friend that you are grateful for them.

19

#BEHELIO 

20

Play your favorite song and dance like no one is watching.

21

Be the Sun,
Give someone a compliment.

22

Not the Salt,
Remember to look on the positive side today.

23

Give to someone in need today.

24

Enjoy time with loved ones and have a happy Thanksgiving!

25

List three things that you are thankful for.

26

Today is Small Business Saturday, shop at your favorite local business.

27

Schedule a date with yourself to focus on self-care.

28

Perform a random act of kindness for someone in your life.

29

Give praise to someone who serves you.

30

Be a present and active listener.

To download our next calendar, visit BethesunNottheSalt.com

