

Choose Love with Gratitude in November!

Take a few minutes each day to exercise gratitude with our 30 days of fun activities, and reap the benefits of GRATITUDE! You can even watch a fun video to help show you how by checking our Choose Love blog or social media. Thank You for Choosing Love!



movement

November 2021

MAKE A GRATITUDE WRITE A THANK TIME FOR WHAT IS **GRATITUDE GOURDS** TAKE A YOU NOTE TO SELF-CARE, TAKE GRATITUDE? - DRAW A GOURD JAR, DECORATE IT GRATEFUL SOMEONE SPECIAL. A FIVE MINUTE LEARN THE AND FILL IT WITH OR PUMPKIN AND MEDITATION DANCE BREAK THINGS YOU'RE DEFINITION AND WRITE A POSITIVE BREAK. SHARE WITH A GRATEFUL FOR. TO RELEASE AFFIRMATION. ENERGY. FRIEND. CREATE A 10 MAKE A WHY IS TAKE A MAKE A LISTEN TO GRATITUDE GRATITUDE GRATITUDE GRATITUDE "THANK YOU FOR THANK YOU CRAFT LIKE CHAIN OUT OF BREATH. GOOD BEING A FRIEND" SIGN AND HANG A GRATITUDE CONSTRUCTION FOR YOU? AND THEN WRITE ON YOUR WALL TURKEY OR PAPER AND YOUR OWN OR FRIDGE. WHAT PLACE ARE GRATITUDE DECORATE YOUR THANKFUL SONG. YOU GRATEFUL FOR? ROCKS... ROOM TAKE A REFLECT ON A **COLLECT LEAVES** WRITE A SUPERCHARGE TAKE A MAKE A **MEDITATION** YOUR GRATITUDE **1-MINUTE** MICRO-MOMENT GRATITUDE AND CREATE A POEM ABOUT WALK. BE MINDFUL LIST - WRITE OF JOY. WHAT GRATITUDE RING... MEDITATION GARDEN OR GRATITUDE. OF THE SIGHTS. DOWN A LIST OF BREAK. LITTLE THINGS PLANT SEEDS IN EVERYTHING SMELLS AND MADE YOU AN EGG CRATE YOU'RE GRATEFUL SOUNDS AS HAPPY? OR POTS. FOR. YOU WALK. LEARN HOW TO CARRY OUT A TAKE A WRITE A THANK SHOW YOUR SAY THANK RANDOM ACT GRATITUDE YOU TO SOMEONE GRATITUDE TO A YOU IN SIGN OF KINDNESS. BREATH. WHO WOULDN'T LOCAL BUSINESS LANGUAGE. EXPECT IT. WHAT ARE THREE THINGS THAT BRING YOU JOY? HAPPY THANKSGIVING INDULGE IN IT'S GIVING **CHOOSE** THINGS TUESDAY. LOVE OVER THAT VOLUNTEER FEAR AND MAKE OR HELP UNLEASH TIOY YOUR GIFT. SOMEONE. FEEL GOOD