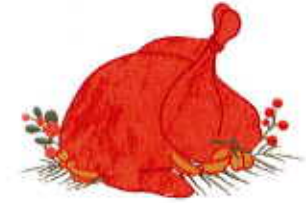




November 2022



SUN	MON	TUE	WED	THU	FRI	SAT
		1 Open the door or window and look outside. What's something you're grateful for outside?	2 What's an accomplishment you're proud of?	3 What's a possession that makes your life easier?	4 Open your phone or photo album and find a photo that you like. Why are you grateful for this photo? What are you grateful for in the photo?	5 What have you been given that you're grateful for?
6 What's something or someone that makes you feel safe?	7 What artist, author, or musician are you grateful for?	8 What do you like about school or your job?	9 How are you able to help others?	10 What public service or organization are you grateful for (i.e. the library or fire department)?	11 What book(s) are you grateful for?	12 What piece of clothing or furniture are you grateful for?
13 Share about a friend that you're grateful for.	14 Share about a teacher or mentor that you're grateful for.	15 Share about a family member that you're grateful for.	16 What did you accomplish today?	17 What's a tradition that you're grateful for?	18 What's one of your personality traits that you're grateful for?	19 What mistake or failure are you grateful for?
20 What is one thing you are grateful for about CPC or CPCP?	21 Share about 3 things you're grateful for today.	22 What's something that you bought recently that you're grateful for?	23 Look around the room and count everything you see that you're grateful for.	24 What is a Thanksgiving practice you are grateful for?	25	26
27	28	29	30			