

November's Challenge— Attitude of Gratitude:

November is the perfect month to fine tune our attitudes toward being grateful as we approach *Thanksgiving Day*.

Life isn't always easy. It can be complicated. The approaching holidays can be, for some, even more challenging. Gratitude can make our best days brighter and it is something that can help us make it through the tough times. Gratitude can help those around us who may need that boost toward the positive. Practicing gratitude doesn't cost any money and it certainly doesn't take much time, but it is one of the simplest ways to improve our satisfaction with life.

Using the boxes on this form, mark the day's activity you have completed. **One challenge per day.** Activities may be done in any order.

There is also a log on the other side of this form where you will log insights you gleaned from some of the challenges.

Complete a minimum of **25 days** as well as the **15 reflections** on the reverse side of this form to be entered into the drawing for a prize.



Name:

Building:

Completed forms are due to health@fsd145.org
Friday, December 5th .



Notice positive traits about your colleagues.	Name a time when you were brave. You did or faced something you never thought you could.	Go one full day without complaining.	Meditate for 5 minutes.	Make an effort to smile more throughout the day.
Engage in a random act of kindness.	Leave a positive affirmation post-it on a co-workers desk.	Name one luxury you are thankful for.	Focus on something that fills you with hope.	Go outside and appreciate the beauty of nature.
Name a risk you are grateful you took and why.	Name a fear you have overcome or are actively working on.	List 3 things that you like about your job.	Spend the day being an optimist. Is your glass half-full?	Place a positive affirmation on your bathroom mirror and read it out loud each morning.
Recognize three things that you usually take for granted.	Name 3 songs that bring you joy.	Think of what you're grateful for before going to bed.	Find a way to volunteer in your community and do it.	Catch a co-worker doing a good job and thank them for it.
Think of a way that someone helped you today.	Write down three things that you appreciate about your boss.	Describe a favorite sound or smell that makes you smile.	Spend time with loved ones. What did you do together?	Think of something great that has happened to you the last year.
Describe the last time you laughed so hard you cried.	Refrain from gossip or speaking negatively about others.	Compliment a stranger.	Ask a friend how they are doing.	Reflect on what brings you peace.

November's Challenge—Attitude of Gratitude Log: Share a minimum of 15 thoughts/reflections you gained from the challenges on the reverse side. These reflections along with 25 days of challenges recorded on the calendar will earn you 100 points toward your Wellness Program and an entry into a drawing for a prize.

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