

# COMMIT TO *GRATITUDE*

## NOVEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



During this month of thanksgiving, commit to at least three activities from the list below.

- Make a gratitude jar or journal
- Watch **EFR's webinar about gratitude**
- Focus on what you have
- Write a thank you note
- Thank a colleague

