



Monthly
Motivators

November 2024

**More
appreciation**



| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | | | 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 |
| | | | | | | |

GOAL:

Express appreciation two times per week

Use the calendar to keep track and the suggestions to help you reach your goal.

Ideas for expressing appreciation:

- Offer a thoughtful gift
- Tip your server generously
- Give someone a compliment
- Write someone a thank you card
- Express appreciation for yourself
- Perform a random act of kindness