

**Choose Love with Gratitude in November!** Gratitude is mindful thankfulness even when things are challenging. Reap the benefits of gratitude by taking a few minutes each day to practice with our tips and fun activities. Visit our blog or social media for more ideas, instructions & videos.

**“There is always something to be grateful for.” –SCARLETT LEWIS**

# NOVEMBER 2022



**choose love™**  
movement

**COURAGE + GRATITUDE +  
FORGIVENESS + COMPASSION  
IN-ACTION  
= THE CHOOSE LOVE FORMULA**

SUN	MON	TUES	WED	THURS	FRI	SAT
		<b>1</b> What does gratitude mean? <b>Watch the Choose Love Gratitude video.</b>	<b>2</b> Gratitude Jar. Each day add what you are grateful for and fill the jar with gratitude.	<b>3</b> <b>Watch Kid President's 25 Reasons to be Grateful.</b>	<b>4</b> Write a thank you note. 	<b>5</b> Do a grateful meditation. 
<b>6</b> Write down 3 things you love about yourself. Read these each day.	<b>7</b> Greet the day with gratitude. 	<b>8</b> Make a Gratitude sign. 	<b>9</b> Why is gratitude good for you?	<b>10</b> Do you have a special place that makes you happy? 	<b>11</b> <b>5 Minute Meditation with Remo.</b>	<b>12</b> Make an Oragami heart. 
<b>13</b> Sing and Dance to the Thankful Song. 	<b>14</b> Listen to 'Thank You for being a Friend.' 	<b>15</b> <b>Watch Scarlett's morning affirmation.</b>	<b>16</b> Live Life with an Attitude of Gratitude.	<b>17</b> What are you grateful for right now? 	<b>18</b> Take a Gratitude Breath. 	<b>19</b> Reflect on a micro-moment of joy? What small things make you happy?
<b>20</b> Make a Gratitude Garden of paper flowers.	<b>21</b> Do a Random Act of Kindness. 	<b>22</b> Listen to 'Don't Worry, Be Happy.' 	<b>23</b> What are fun ways to say thanks? A sticker, treat, or picture. What else?	<b>24</b> <b>Happy Thanksgiving!</b> 	<b>25</b> Be the good we need in the world. 	<b>26</b> Learn to sign "Thank You." 
<b>27</b> Who inspires you to be kinder? 	<b>28</b> Do something that makes you feel good. 	<b>29</b> Smiles are free. Give one to everyone today. 	<b>30</b> Be thankful each day. 			