

Being November and the month of Thanksgiving, it's a good time of year to reflect and recall aspects of life we are grateful for. Gratitude is extremely powerful and good for the soul. Here's a daily challenge to keep you thinking of things you're grateful for all month:

- Day 1: A friend you're grateful for
- Day 2: A place you're grateful for
- Day 3: A song you're grateful for
- Day 4: An item you're grateful for
- Day 5: A movie you love
- Day 6: A family member you're grateful for
- Day 7: A role model you have
- Day 8: Another friend
- Day 9: Another person
- Day 10: Something you love about your personality
- Day 11: Something you loved about your body
- Day 12: Food you're thankful for
- Day 13: Something about life in general
- Day 14: Something about this point in your life
- Day 15: Something that has happened this year
- Day 16: Something that has happened this week
- Day 17: Something that has happened today
- Day 18: Something exciting about your future
- Day 19: Something from your childhood
- Day 20: Something in your home
- Day 21: Something in your room
- Day 22: Something outside your window
- Day 23: Something about your workplace
- Day 24: A modern convenience or technology
- Day 25: A quote that helps you
- Day 26: A book that inspires you
- Day 27: A hobby you love
- Day 28: Something spiritual
- Day 29: A gift from another
- Day 30: Anything that can always make you smile

