

DECEMBER 2019 Gratitude Calendar



"Small acts, when multiplied by millions of people,
can transform the world." - Howard Zinn

SUN	MON	TUES	WED	THURS	FRI	SAT
1 Share this calendar	2 Pick up litter	3 Do something kind for a stranger	4 Compliment yourself	5 Give others your full attention: be present	6 Leave a post-it note on a mirror that says "You're unique"	7 Cook a tasty dinner with love for those you love
8 Plant something to say thank you to the Earth	9 Give someone a hug	10 Write a handwritten thank you note to someone	11 Let someone go ahead of you in line	12 Have some me time doing what you love	13 Let 2 people know that you are thankful that they are in your life	14 Donate blood or volunteer time to community
15 Slow down. Be present. Breathe.	16 Let the universe know 5 things you are grateful for today	17 Spread your smile to everyone you see	18 Tell silly jokes to make someone laugh	19 Do a chore for someone in your household or community	20 Donate an old book or piece of clothing	21 Reach out to someone you haven't connected with in a while
22 Take some festive treats to your local care home or hospital	23 Take a walk in nature to be kind to yourself	24 Make a card or decoration for someone	25 Be kind to self and others			