

Today, I am thankful for... Or Today, I appreciate...

Write down one thing each day of the month that you appreciate or are thankful for.

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	

15	
16	
17	
18	
19	
20	
21	
22	
23	
24	

Remember, on Thanksgiving Day, which falls on the 24th this year, share your list with those loved ones you are privileged to spend the day with.

Happy holidays from all of us at Thrive!