



30 Days of Thanks-Living {Week 1}

A guide to gratitude for life's cozy moments

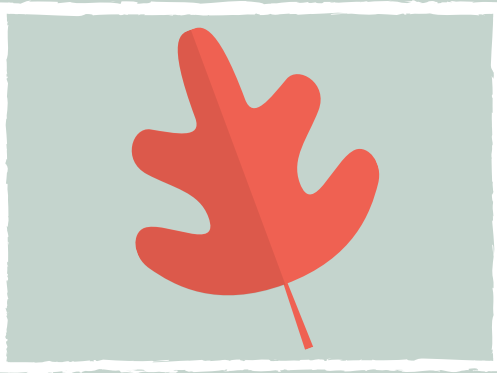


Taste November

Be mindful of all the tastes that pass over your tongue today - sweet, savory, smoky, sour. Find gratitude in the diversity of flavors and richness they add to a single day

Listen to November

Take time to listen to the world around you. What inspires you? What sounds make you smile? What makes you relax?

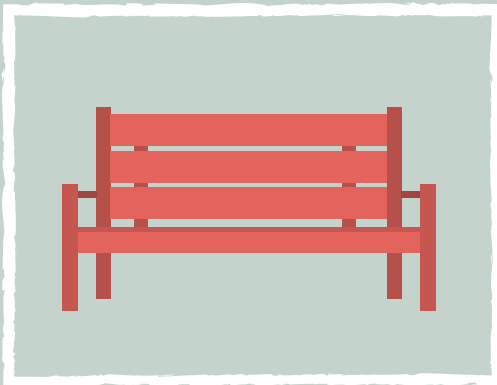


Breathe in November

Take time to look at the world around you. Notice the smallest detail of beauty. Smell, touch, taste and breathe in all that today has to offer you.

Share November

Who adds value and joy to your life? Take time for gratitude by connecting and sharing a sliver of your day.

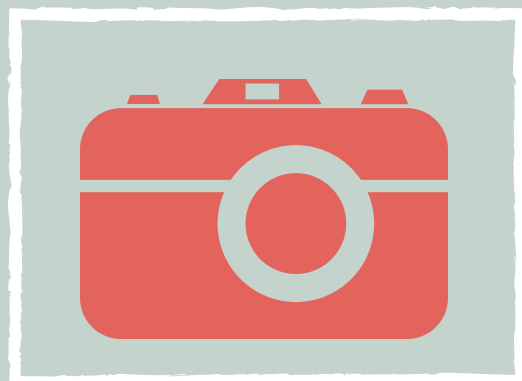


Slow November

What brings you rest? Enjoy gratitude for rest by taking 15 minutes to slow down and be present in whatever makes you relax.

Feel November

What makes you feel cozy and warm inside? A hot drink, a cozy sweater? Bask in gratitude by making space to feel the soft side of life.



Remember November

Find ways to remember this first week of gratitude. What surprised you this week? What stopped you in your tracks? Take a picture. And tomorrow, take another.

