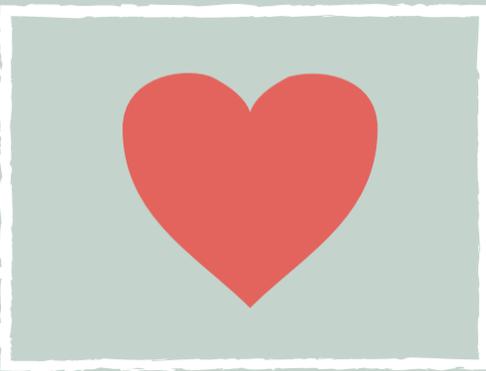




30 Days of Thanks-Living {Week 2}

A guide to gratitude for life's cozy moments

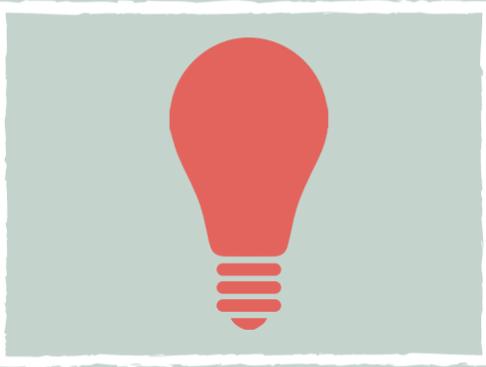


Hug November

What are the best things that surrounded you this week, the things you never want to let go of? Spend some time holding onto them and be grateful.

Gather November

Leaves, acorns, pinecones...so many things to collect. Take time to gather the best parts of November and collect the gratitude that accompanies.

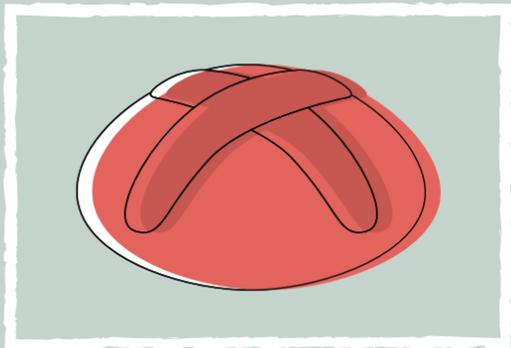


Create November

What grand ideas have come to you this week? Ideas for the holidays, family or your future? Take time to bask in the gratitude of creativity.

Savor November

Crisp air, the smell of fresh baked bread, cinnamon. Savor the things that remind you of the season and offer up gratitude

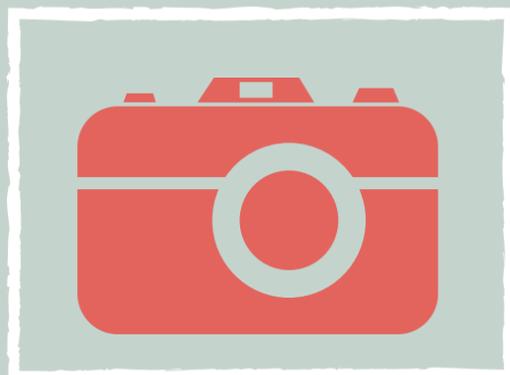


Capture November

Look around you and capture the spirit of gratitude wherever you see it. Let it warm your heart and lead you toward authentic joy and contentment.

Invite November

Maybe you've been hesitant to embrace this time of your life. It's time to welcome the freshness of the day and expect goodness.



Remember November

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

