

GRATITUDE CALENDAR

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Use this calendar as a means for practicing gratitude... for something each day.

For every week there's a theme with a larger task on Sunday, small practices throughout the week, and ending with a reflection on Saturday.



RSWR

Theme	Sunday (weekly)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MATERIAL NEEDS WIDER SOCIETY EARTH	YOU! ...for learning and education. Spend 1 hour doing something you are learning	...for your feelings. Find someone to share some of your emotions	...for mental clarity. Meditate/silent worship for 15 minutes	...for having been forgiven. Where are you holding onto a hurt or grudge? Might you be ready to let it go?	...for challenges. Think of a current challenge. What arises when you try to reframe it as an opportunity for growth?	...for role models. Who has been a mentor for you? In honor of them, do something they would appreciate	Reflection: Over the course of the past week, how does gratitude change your perspective on the choices you're making in your life?
	COMMUNITY ...for friends. Catch up with a friend you've been meaning to reach out to	...for mental health. Check in with someone who could use a listening ear	...for humour and laughter. Share a joke with someone who would enjoy it	...for family. Share your appreciation with a family member or someone who feels like family	...for music. Share with someone the experience of playing or listening to music	...for the ability to exercise. Do something physical with friends	Reflection: Over the course of the past week, how does gratitude change your perspective on the choices you're making in your life?
	...for shelter. Invite someone to your home for a visit or offer to host an event	...for running water Reflect on your water usage over the past week. What is possible because you have tap water?	...for transportation. Reflect on your use of transportation (car, public transit, bus, biking, walking) and what you've been able to accomplish this week with it	...for electricity. Reflect on your usage of electricity over the past week. What is possible because of electricity?	...for healthy and nourishing food. Cook (or buy) a meal and eat it with someone	...heat and air conditioning. Reflect on your use of heating or air conditioning over the past week. What is possible in your life because of these?	Reflection: Over the course of the past week, how does gratitude change your perspective on the choices you're making in your life?
	...for community institutions. Do one thing to support an institution in your community that is important to you	...for civil servants. Write an appreciation note for a civil servant you encounter (e.g. a postal worker, DMV agent, government clerk)	...for the wisdom of age. Reflect on the gifts of someone older than you. Give or send them an affirmation	...for the next generation. Reflect on the gifts of someone younger than you. Give or send them an affirmation	...for vocation. Identify a shared value you have with someone you work or volunteer with, and share this with them	...for strangers. Find a way to brighten the day of a stranger.	Reflection: Over the course of the past week, how does gratitude change your perspective on the choices you're making in your life?
	...for a clean environment. Organize a group to pick up trash on a walk together	...for nature. What is a non-human being that you appreciate (a tree, an animal, a river, etc.)? Do something good for that being	...for reuse opportunities. Find an alternative use or owner for something you're planning to throw away or that's not been used for a long time	...for beauty. Plan a visit to a place in nature that elicits awe and wonder	...for a clean environment. Take a walk with a bag and fill it up with trash	...for fresh food. Imagine and appreciate the steps in growing, harvesting, and transporting a food in your last meal	Reflection: Over the course of the past week, how does gratitude change your perspective on the choices you're making in your life?