

Gratitude Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 Create a gratitude jar in the kitchen. Write down things for which you are grateful in the jar. Read them on January 6	19 Thank God for the weather—sunny, rainy, snowy, windy, find the good in the forecast.	20 Hand write a note to someone you admire and appreciate in your life.	21 Volunteer to read to nursing home residents.	22 Read Psalm 100 to begin your time of everyone sharing blessings in the past year.	23 Smile and greet everyone you see throughout the day. Ask how they are—then LISTEN to what they say.	24 As a family, rake a neighbor's leaves.
25 Find a former teacher. Thank them for the impact they had on you with a note, flowers or gift card.	26 Print out or draw a coupon book of helpful acts to give as a gift—do the dishes, sweep the floor, take out trash etc.	27 Giving Tuesday Donate to an UMCOR Advance project as a Christmas Gift in honor of someone.	28 Take flowers or a nice plant for Suzanne our Office Administrator and Cindy our custodian.	29 Volunteer to provide child care for someone	30 Take good magazines and leave in the hospital waiting room, dentist office or doctor office—ask first.	1 Leave sticky notes in restrooms or other public places with simple messages of gratitude and kindness
2 Spend time taking a prayer walk through a natural area. Thank God for the earth and offer blessings for all of creation	3 Commit to placing only positive messages on social media during these weeks. Consider posting a photo of something for which you are grateful daily.	4 Share a favorite book with someone...and encourage them to pass it on.	5 Make a casserole or dinner to be placed in your church freezer for anyone who needs it or to be taken to someone living alone.	6 Send a note to any WWII veteran thanking them for their service.	7 Offer to babysit for free to give young parents a night out.	8 Look for people who are doing a good job at a less than glamorous task and thank them for their good work. Let managers know as well.
9 Visit a neighbor you have not seen for awhile. Offer to help them with something, pray for them, or invite them to join you for a meal.	10 Volunteer at an animal shelter to care for God's creatures who need to be loved for a given time.	11 Read 1 Thessalonians 5:16-18 silently or with your family. Talk about blessings you find in difficulties you are facing.	12 Ask a teacher at a local school what supplies their students need most. Buy some for them and give in the New Year.	13 Thank God for quenching your thirst—be it with a drink or companionship, inspiration or spiritual guidance.	14 Make a hand-crafted greeting card or send a card with a handwritten note to someone you appreciate.	15 Tape a \$5 bill to a jug of milk in a grocery store.
16 Phone a friend or relative. Tell them "I was thinking of you so thought I'd call."	17 Write a personal note of thanks or encouragement to your pastor and leaders.	18 Visit a local non-profit to learn about their work and thank them for serving.	19 Tell someone why you appreciate them.	20 Be grateful for silence when you can grab a quiet time and say a prayer.	21 Take a friend in need of comfort a meal or treat.	22 Pay the drive through coffee or meal for someone behind you. Thank the cashier.
23 Make eye contact with each family member or close friend sharing the day with you. Tell them 3 reasons you are thankful for them.	24 Begin the day by reading Luke 2 and have each one share what the gift of Jesus means to them. Thank God for the gift of Jesus.	25 Carry a hand-written thank you card that might include a gift card through a public area. Give to any military personnel you encounter.	26 Take a picture for a tourist or a local family on an outing.	27 Smile and hold doors open for people wherever you go; say "hello" to a stranger.	28 Look out your window and pray for each person who drives by.	29 Help a family member accomplish something on their to-do list.
30 Let the person behind you at the grocery store cut in line.	31 Start a gratitude journal to increase your awareness of the blessings in life.	1 Compliment a co-worker or classmate on something you respect about him or her.	2 Purchase \$5 gift cards for nearby restaurants, and share them with people you see who are homeless or in need.	3 Begin the practice of having every family member say something she / he is grateful for that day at meal time.	4 Collect canned goods for a local food bank.	5 Begin reading the slips of paper in your gratitude jar. Plan how you will continue to express gratitude for God's Blessings.