



Grateful Living

- Developing an attitude of gratitude empowers you to be more successful, both professionally and personally.
- Look for opportunities to show gratitude to yourself and others.
- Paint small rocks with images or words that express kindness or encouragement and share them.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Take the stairs instead of the elevator. Park in the spot farthest away.	2	3 Spread kindness. Do extra-special things for those around you.	4	5 Acknowledge something you appreciate about a colleague or family member on a thank you board.	6
7	8 Try herbal teas and warm soothing nighttime drinks. Check out Pinterest for recipes.	9	10 Take walks outside with family and friends. Enjoy the fresh air and sunshine.	11	12 Show gratitude to yourself. Get a massage. Go fishing. Spend some time laughing with friends.	13
14	15 Set a budget for holiday spending and stick to it.	16	17 Keep your immune system strong. Get lots of fresh air and sunshine, and ask your doctor for recommendations on vitamins.	18	19 Walk to deliver a message instead of texting or sending an email.	20
21	22 Write a thankfulness letter to someone who has impacted your life.	23	24 Pay it forward. Buy someone's snack, drink or meal.	25	26 Take energy breaks during the day. Walk around the building or house.	27
28	29 Delegate responsibilities. You don't have to be the superhero.	30	1	2	3	4

EATWell

Rethink your drink. Substitute water for sugary, alcoholic or energy drinks.



MOVEWell

Try to take 8,000-10,000 steps per day.



LIVEWell

Create a gratitude journal. Write down three things you are grateful for each day.

