

November Gratitude Calendar Challenge

November 1:

Ponder on three things you are grateful for today; be specific and pay attention to even the smallest blessings.



November 2:

Diffuse **Gratitude™** essential oil blend while beginning your day with an open, uplifting mindset of appreciation.

November 3:

Do an act of service for a loved one.



November 4:

Gift someone your favorite YL product to show them how much you care.



November 5:

Write down five things you are grateful for and why, using your senses as inspiration—sight, touch, smell, taste, and hearing.

November 6:

Go around the dinner table with your family or friends and have everyone share one thing they are grateful for this year.



November 7:

Express gratitude to someone who has served or is currently serving in the military.



November 8:

Take a photo of something you're grateful for. For an extra boost, post the photo on social media.



November 9:

Thank someone for an act of service they have done for you.



November 10:

Think about an event in your life that felt negative at the time but turned out to be a blessing in disguise.



November 11:

Before you get out of bed in the morning, give yourself a minute to take in a few deep breaths while you contemplate being grateful for your body.

November 12:

Do a random act of kindness for someone in need.



November 13:

Volunteer or donate to your favorite charity. Any amount helps!



November 14:

Bake a **Vitality™**-infused dessert, like baked oats, and share with a neighbor or friend.

November 15:

Send a thank-you to someone who inspires you.



November 16:

Go one day without complaining.



November 17:

Massage your tired muscles with **Dragon Time™ Massage Oil** to show your body a little extra love.



November 18:

Set aside time in your day to spend with a loved one.



November 19:

Give a stranger a compliment.



November 20:

Make a conscious effort throughout the day to say thank you for any and all small acts of kindness others do for you.

November 21:

Repeat this mantra as you start your day: "Everything I need is within me. I am grateful for all I have and for all that I am. I am enough."

November 22:

Go for a walk and pay attention to the nature around you.



November 23:

Write a letter to your younger self thanking them for helping you grow into the person you are today.



November 24:

Look in the mirror and say three things you are grateful for and love about yourself.



November 25:

Hold the door for every person behind you today.



November 26:

Journal about a life experience that has had the biggest positive impact on you.



November 27:

Write a letter to someone who has changed your life for the better. Bonus point: share the letter with that person.

November 28:

Diffuse 4 drops **Bergamot**, 2 drops **Vetiver**, and 2 drops **Lavender** as you wind down at the end of the day and think about something positive that happened today.

November 29:

Clean out your closets, bookshelves, or kids toys and donate gently used items to schools or shelters.

November 30:

What qualities or talents are you thankful you have? Share them with someone else today!

