

2023 Be Transformed 30 Day Gratitude Challenge

LET'S GO THE
DISTANCE! 30 DAYS
OF GRATITUDE!

Join Author & Speaker, Carmela E. Head, in
the month of November 2023 for the
Be Transformed 30 Day Gratitude
Challenge!

www.transformational-moment.com

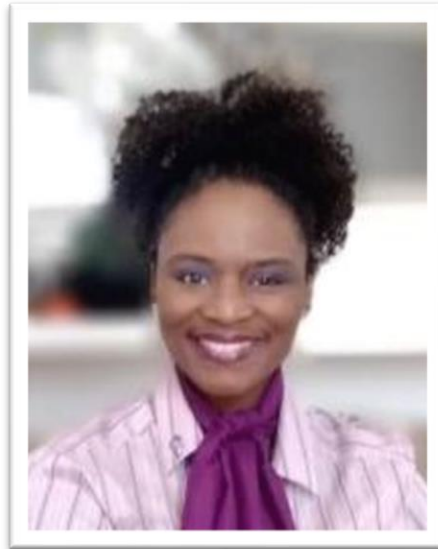


First Glance LLC

Welcome to the **2023 Be Transformed 30 Day Gratitude Challenge!**

Can you meet the challenge? Here we are again! We are now in the month of November! Commit to writing down one word every day on the calendar or journal each day during the month of November to reflect your thoughts about gratitude. Print additional copies of the journal pages to make your entries. It's been said that expressing gratitude helps us in so many ways, especially positivity in our lives. What better month to honor thankfulness and gratitude! Join me in the month of November for the **2023 Be Transformed 30 Day Gratitude Challenge** and let's see how transforming a little thankfulness can be. May you be empowered and inspired!

Carmela E. Head,
Author & Speaker



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2023 Be Transformed 30 Day **Gratitude** Challenge

Gratitude

**Week 1 KICK OFF
Gratitude Activity**

CRAFT/DESIGN

YOUR

UNIQUE

GRATITUDE



JOURNAL KEEPSAKE

**Create a keepsake of gratitude for yourself.
Download your free November Gratitude
Calendar and journal pages at the top of this
page. Print off your pages. Place them in a
binder of your liking. Add inspirational pages
and page dividers. Enjoy!**

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How design your Journal Keepsake!

1. Use a binder.
2. Print off your coversheet, page 1
3. Insert coversheet in front of binder
4. Enjoy reading your "Welcome Page"

1. Select one of the November calendar designs. **PRINT**

*Note: There are 3 available for you.

2. Select one of the Journal Entry sheets. **PRINT**

*Note: There are 3 designs available to match each calendar.

Each day, write a word expressing gratitude on your calendar

Each day/week, write journal entries about your gratitude journey experiences beginning with the journal prompt: "I am grateful for . . ."

HAVE AN AMAZING GRATITUDE JOURNEY EXPERIENCE – Carmela E Head, Author & Speaker

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Gratitude!

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November 2023

By Author Carmela E. Head

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
WEEK 1 5	6	7	8	9	10	11
WEEK 2 12	13	14	15	16	17	18
WEEK 3 19	20	21 World Kindness Day	22	23 Thanksgiving	24	25
WEEK 4 26	27	28	29	30		



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Gratitude

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