

WEEK 1 Activity

Ways of Expressing Gratitude Through

How many ways can you say "Thank You?"

EXPRESS GRATITUDE

This week select one or a few of these creative activities to express GRATITUDE.

Create Thank you Cards. Write and give a Thank-You note

Create a Thank-You Card Keepsake Box.

Create a Thank-Card Album. Create an inspirational frame

Create your very own GRATITUDE Jar.* Notecards - included in this kit

Pot a plant (A Croton plant or Pothos plant) : Make your Terrarium Garden.

Create a Gratitude Memoir Book Create your own Gratitude Caddy



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#2025 bttm30daygratitudechallenge
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EXPRESS GRATITUDE

Kick start your challenge of enjoying the gift of gratitude by selecting activities on the calendar that promote appreciation of the simplicity of the little things. Mark the activities that you have completed.



The Gift Of
GRATITUDE

NOVEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	 Enjoy a cup of tea	5	6	 Embrace the gift of sound	 REST & RELAXATION
 Enjoy the sunrise	 Say "Thank You"	11	 Enjoy the autumn leaves	 WORLD KINDNESS DAY	 Create your favorite meal	 Enjoy your favorite read
 Savor a cup of coffee	17	 Take a walk	19	20	 Hot Chocolate	 Sunset
23 REST 30	 24	25	 Time of tranquility	27	28	 Discovery



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