



The Gift of **GRATITUDE**

Welcome to the 2025 Be Transformed Transformational Moment 30 Day Gratitude Challenge!



We are on year “8” and I am so excited to bring more meaningful and creative ways to express gratitude. We are here again in the month of November! November is National Gratitude Month.

Here are some downloadable sheets to kick start the 30 Day Gratitude Challenge. The first sheet provided is a cover sheet for you to build a binder to put your journal pages in. There is a November 2025 calendar and journal pages included. This is a great opportunity to 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 **2025 Be Transformed Transformational Moment 30 Day Gratitude Challenge** and let’s see how transforming a little thankfulness can be.

May you be empowered and inspired! Let’s go the stretch for 30 days and foster the gift of gratitude! This is exciting! I’m so glad that you are joining the challenge!

Carmela E. Head
Author & Speaker
First Glance LLC, Founder

#2025 bttm30daygratitudechallenge
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**Join Author & Speaker, Carmela E. Head, in
the month of November 2025 for the
Be Transformed 30 Day Gratitude
Challenge!**

www.transformational-moment.com





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LET'S GO!

Join the challenge! Here is an engaging way to embrace and extend gratitude every day. Create a gratitude journey experience by placing one thing each day on the calendar of what you are grateful for.

NOVEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	WORLD KINDNESS DAY 	14	15
16	17	18	19	20	21	22
23 30	24	25	26	 27 THANKSGIVING 	28	29



