

# 2024 Be Transformed 30 Day Gratitude Challenge

Gratitude

Week 1 KICK OFF  
Gratitude Activity

CRAFT/DESIGN

YOUR

UNIQUE

GRATITUDE



First Glance LLC

JOURNAL KEEPSAKE

Create a keepsake of gratitude for yourself this year. Download your free November Gratitude Calendar and journal pages. Print off your pages. Place them in a binder of your liking. Use first page in the shield as a cover for your binder. Add inspirational pages and page dividers. ENJOY!



- ★ Journal your gratitude journey daily.
- ★ Place one word of gratitude each day on the calendar.

[www.transformational-moment.com](http://www.transformational-moment.com)

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# 2024 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 202 for the  
Be Transformed 30 Day Gratitude  
Challenge!

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Welcome to the **2024 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 **2024 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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# Be Transformed 30 Day Gratitude Challenge!

November 2024

By Author Carmela E. Head



| Sunday  | Monday | Tuesday | Wednesday                | Thursday           | Friday | Saturday |
|---|--------|---------|--------------------------|--------------------|--------|----------|
| ADD ONE WORD OF GRATITUDE TO YOUR CALENDAR EACH DAY |        |         |                          |                    | 1      | 2        |
| WEEK 1 3  | 4      | 5       | 6                        | 7                  | 8      | 9        |
| WEEK 2 10   | 11     | 12      | 13<br>World Kindness Day | 14                 | 15     | 16       |
| WEEK 3 17   | 18     | 19      | 20                       | 21                 | 22     | 23       |
| WEEK 4 24   | 25     | 26      | 27                       | 28<br>Thanksgiving |        |          |

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