

ACTS OF GRATITUDE TOWARDS OTHERS AND THE WORLD

Jan

Be present

Feb

Celebrate
someone else's
success

Mar

Leave a positive
review or note
for exceptional
service

Apr

Host a get
together

May

Share what you
have

June

Show up for
family or a
friend.

July

Give a stranger
a genuine
compliment.

Aug

Spend a day in
nature.

Sept

Send snail mail
to a friend

Oct

Bake a treat
for someone

Nov

Do a chore or
errand for
someone

Dec

Support your
community and
shop local

Draw a small heart in each circle you complete.

