The Gratitude Calendar

Bring the practice of gratitude into your daily life with this two-week journey inspired by The Gratitude Journal by Mindful. Here, you’ll find sneak peeks from the journal, prompts and quotes to inspire reflection, and links to practices and articles from some of our foremost mindfulness teachers.

<table>
<thead>
<tr>
<th>DAY 1: REFLECT</th>
<th>DAY 2: PRACTICE</th>
<th>DAY 3: READ</th>
<th>DAY 4: PRACTICE</th>
</tr>
</thead>
</table>
| “Practicing gratitude is how we acknowledge that there’s enough and that we’re enough.”  
  —BRENE BROWN | A 12-Minute Meditation to Cultivate Gratitude for Small Things  
  BY STEVE HICKMAN | The Amazing Effects of Gratitude  
  BY STEPHANY TLALKA | A 5-Minute Writing Practice to Help You Express Gratitude  
  BY JENNIFER WOLKIN |

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<tr>
<th>DAY 5: PROMPT</th>
<th>DAY 6: READ</th>
<th>DAY 7: REFLECT</th>
<th>DAY 8: READ</th>
</tr>
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</table>
| Who has done something sweet for you lately? Perhaps a friend invited you to lunch or phoned to see how you’re doing. How do small acts of kindness feel?  
  —JENÉE JOHNSON | The Power of Gratitude in Parenting  
  BY CARLA NAUMBURG | “The simple things in life, these are not trivial. These are the things that, practice-by-practice, build a perception and optimism of life and get us through the pain.”  
  —JENÉE JOHNSON | Four Ways to Wire Your Brain for Gratitude  
  BY NAJMA KHORRAM |

|-------------|---------------|-----------------|---------------|
| Grateful on the Job  
  BY JEN FISHER | How do you express gratitude?  
  To learn more about creating an intentional space to reflect and be creative, check out our Mindful Writing course. | A 5-Minute Gratitude Practice: Savor the Moment by Tapping into Your Senses  
  BY ELAINE SMOOKLER | What can your hands do that you’re grateful for?  
  —JANE ANNE STAW |

<table>
<thead>
<tr>
<th>DAY 13: READ</th>
<th>DAY 14: REFLECT</th>
<th>CONTINUE THE JOURNEY</th>
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</table>
| Four Ways to Foster Gratitude in Children  
  BY MARYAM ABDULLAH | “It was the small moments of unexpected beauty that sent a rush of happiness through me.”  
  —JANE ANNE STAW | Find more wisdom, practices, and prompts in The Gratitude Journal. We can’t wait for you to get your copy in stores November 23 or at shop.mindful.org.  
  BACKGROUND ILLUSTRATION BY GERALDINE SY / GERALDINESY.COM |