

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.

DAY 1: REFLECT

"Practicing gratitude is how we acknowledge that there's enough and that we're enough."
—BRENÉ BROWN

DAY 2: PRACTICE

A 12-Minute Meditation to Cultivate Gratitude for Small Things
BY STEVE HICKMAN

DAY 3: READ

The Amazing Effects of Gratitude
BY STEPHANY TLALKA

DAY 4: PRACTICE

A 5-Minute Writing Practice to Help You Express Gratitude
BY JENNIFER WOLKIN

DAY 5: PROMPT

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?

DAY 6: READ

The Power of Gratitude in Parenting
BY CARLA NAUMBURG

DAY 7: REFLECT

"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

DAY 8: READ

Four Ways to Wire Your Brain for Gratitude
BY NAJMA KHORRAMI

DAY 9: READ

Grateful on the Job
BY JEN FISHER

DAY 10: PROMPT

How do you express gratitude?
To learn more about creating an intentional space to reflect and be creative, check out our Mindful Writing course.

DAY 11: PRACTICE

A 5-Minute Gratitude Practice: Savor the Moment by Tapping into Your Senses
BY ELAINE SMOOKLER

DAY 12: PROMPT

What can your hands do that you're grateful for?

DAY 13: READ

Four Ways to Foster Gratitude in Children
BY MARYAM ABDULLAH

DAY 14: REFLECT

"It was the small moments of unexpected beauty that sent a rush of happiness through me."
—JANE ANNE STAW

CONTINUE THE JOURNEY

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.



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