

# Thirty Days of *Expressing* Gratitude

Day	Today's Gratitude Focus	Recommended Method(s)	Today I Choose to Thank _____
1	A friend who listens to me and/or encourages me	Call, card, e-mail, or gift	
2	Someone over the age of 60 who is a good example	Call, card, e-mail, or gift	
3	A musician in my church or community	Card, e-mail, or gift	
4	A schoolteacher who made an impact on my life	Card, e-mail, or gift	
5	A widow or widower who encourages others	Card, e-mail, or gift	
6	A coworker who willingly assists others	Card or gift	
7	A relative	Call, card, e-mail, or gift	
8	A friend who has been a good example to me	Call, card, e-mail, or gift	
9	A teen who consistently tries to make good choices	Card	
10	Someone I met this past year	Call, card, e-mail, or gift	
11	A veteran	Call, card, e-mail, or gift	
12	A friend from the past (childhood, college)	Card, e-mail, or gift	
13	A relative	Call, card, e-mail, or gift	
14	A community worker (police, firefighter, mayor)	Card or e-mail	
15	A coach or club leader who works with children	Card, e-mail, or gift	
16	A parent/grandparent/parent-figure	Call, card, e-mail, or gift	
17	A store manager/clerk who has been extra helpful	Call or card	
18	A single person who encourages others	Card, e-mail, or gift	
19	A church or community volunteer	Card, e-mail, or gift	
20	A relative	Call, card, e-mail, or gift	
21	An author whose writing I enjoy reading	Card or e-mail	
22	A parent/grandparent/parent-figure	Call, card, e-mail, or gift	
23	A manual laborer whose skills make my life easier	Card or e-mail	
24	A medical professional who helps me in some way	Card	
25	A friend who lives in a foreign country	Call or e-mail	
26	Thanksgiving Day!	Demonstrate gratitude	
27	A friend I have known for more than 10 years	Card, e-mail, or gift	
28	A relative	Call, card, e-mail, or gift	
29	A child who works hard or is consistently respectful	Card	
30	The friend, relative, or neighbor of my choosing	Call, card, e-mail, or gift	