

FOR THE MONTH OF NOVEMBER

30 DAYS OF GRATITUDE

- 01 What's one small thing that made you smile today?
- 02 Who is someone who believed in you before you believed in yourself?
- 03 What's a part of your morning routine you're thankful for?
- 04 Name a moment in your recovery when you felt proud of yourself.
- 05 What's a song that always lifts your mood?
- 06 Who in your life makes you laugh the hardest?
- 07 What's something your body allowed you to do today?
- 08 What's one lesson recovery has taught you that you didn't expect?
- 09 Describe a place where you feel completely at peace.
- 10 What's a meal or food that brings back good memories?
- 11 Who is someone you can call on a hard day?
- 12 What's a challenge you've overcome that made you stronger?
- 13 What's something in nature you appreciated this week?
- 14 What's one thing you can do today that you couldn't do a year ago?
- 15 Who is a teacher, mentor, or coach who made a difference in your life?

NOVEMBER • CONTINUED

30 DAYS OF GRATITUDE

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- 16** What's a simple comfort you're grateful for, like a warm blanket or a good cup of coffee?
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- 17** What's a recovery milestone, big or small, that you want to celebrate?
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- 18** What's a skill or talent you're grateful to have?
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- 19** What's a book, movie, or show that inspired you?
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- 20** Who is someone you've reconnected with, and what does that relationship mean to you?
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- 21** What's something about your home that you love?
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- 22** What's one way someone showed you kindness recently?
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- 23** What does a "good day" in recovery look like for you?
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- 24** What's a tradition you look forward to every year?
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- 25** What's something about yourself you've grown to appreciate?
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- 26** Who is someone you're grateful to have met through your recovery community?
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- 27** What's a hobby or activity that brings you joy?
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- 28** What's a mistake that ended up teaching you something valuable?
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- 29** What hope do you have for the year ahead?
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- 30** Write a thank-you note to yourself for how far you've come.
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