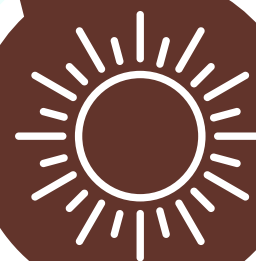
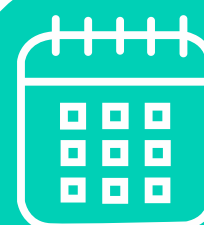
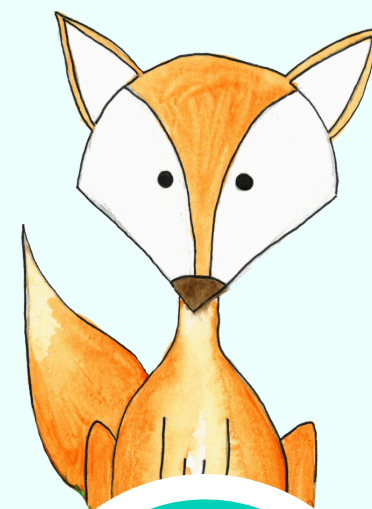




You Are a Gardener®

NOVEMBER GRATITUDE CHALLENGE



Watch Your Words Bloom

Challenge yourself to speak kindly—both to yourself and about others. Words are powerful gardening tools, and when we choose ones filled with hope, care, and encouragement, they help beautiful things grow all around us.

Explore a Creative Hobby

Let your imagination bloom! Try painting, baking, journaling, or any creative project that helps your petals perk up. Creativity keeps our minds open and our hearts light.

Send a Seed of Kindness

Surprise someone you love with a heartfelt note, message, or email. Small gestures of love and gratitude create ripples of connection that brighten any day.

Step Into the Sunshine

Even a few minutes outdoors can lift your mood and clear your mind. Take a mindful walk, collect colorful leaves, or simply breathe in the fresh air—nature has a way of gently recharging our roots.

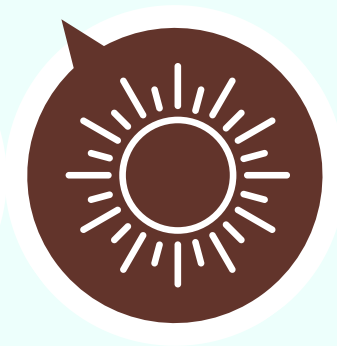
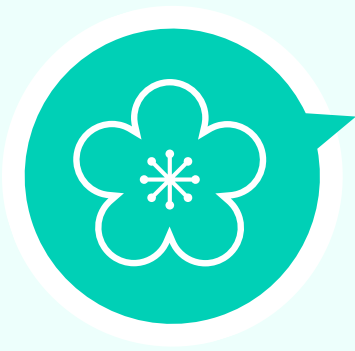
End Each Day in Gratitude

At the end of each day, write down one thing you're grateful for. It can be big or small—a smile, a warm meal, a kind word. By the end of the month, you'll have 30 reminders of the goodness that's been blooming all around you.

November Gratitude Challenge Checklist



You Are a Gardener®

☐

WATCH YOUR WORDS BLOOM

☐

EXPLORE A CREATIVE HOBBY

☐

SEND A SEED OF KINDNESS

☐

STEP INTO THE SUNSHINE

☐

END EACH DAY IN GRATITUDE

NOVEMBER

2025

End Each Day
in Gratitude

Write down one thing you
are grateful for each day!

SUN	MON	TUE	WED	THU	FRI	SAT
26  You Are a Gardener®	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6 