



**Write down three things you are thankful for each day for the next 30 days.**  
*Nothing is too big or too small to note. Don't overthink it! Go with the first three things that come to mind. Try to come up with three new things each day.*

<b>NOVEMBER 1</b> 1. 2. 3.	<b>NOVEMBER 7</b> 1. 2. 3.
<b>NOVEMBER 2</b> 1. 2. 3.	<b>NOVEMBER 8</b> 1. 2. 3.
<b>NOVEMBER 3</b> 1. 2. 3.	<b>NOVEMBER 9</b> 1. 2. 3.
<b>NOVEMBER 4</b> 1. 2. 3.	<b>NOVEMBER 10</b> 1. 2. 3.
<b>NOVEMBER 5</b> 1. 2. 3.	<b>NOVEMBER 11</b> 1. 2. 3.
<b>NOVEMBER 6</b> 1. 2. 3.	<b>NOVEMBER 12</b> 1. 2. 3.



**NOVEMBER 13**  
1.  
2.  
3.

**NOVEMBER 22**  
1.  
2.  
3.

**NOVEMBER 14**  
1.  
2.  
3.

**NOVEMBER 23**  
1.  
2.  
3.

**NOVEMBER 15**  
1.  
2.  
3.

**NOVEMBER 24**  
1.  
2.  
3.

**NOVEMBER 16**  
1.  
2.  
3.

**NOVEMBER 25**  
1.  
2.  
3.

**NOVEMBER 17**  
1.  
2.  
3.

**NOVEMBER 26**  
1.  
2.  
3.

**NOVEMBER 18**  
1.  
2.  
3.

**NOVEMBER 27**  
1.  
2.  
3.

**NOVEMBER 19**  
1.  
2.  
3.

**NOVEMBER 28**  
1.  
2.  
3.

**NOVEMBER 20**  
1.  
2.  
3.

**NOVEMBER 29**  
1.  
2.  
3.

**NOVEMBER 21**  
1.  
2.  
3.

**NOVEMBER 30**  
1.  
2.  
3.



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