

THANKSGIVING *Challenge*

1.

What is something positive in your life - recent or distant - in each area of life listed? Write the good thing in the blank beside it.

- Physical Home
- Health
- Friendship
- Finances
- Education
- Transportation
- Work
- Travel
- Your Skills
- Community
- Spiritual Practice

2.

Who do you know who contributed to you having or experiencing the positive thing? Write the name of 1 or 2 people:

3.

What is the best thing in your life right now?

Thanksgiving Challenge:

Write a quick message or note to each person whose name came to your mind today as you thought about who contributed to the positive and best things in your life. It could be a simple text, a Facebook Message with a GIF that shows how you feel, or a handwritten letter.

Just make sure that today, when you say "Thank You," you're specifically grateful.

4.

List all of the people who had some (even tiny) part in bringing you or helping you appreciate the best thing in your life right now:
