



Create Your Ideal Grateful Life
Monthly Calendar FunSheet

Gratitude

CALENDAR

Each day, contemplate for a few moments each of these memories. Spend time in happiness. Put it on the fridge and be a kid again and share it amongst your family.

M For loved ones	T For whole foods	W Your favourite coworker	Th A childhood friend	F The desert of your dreams
M Mondays & fresh starts	T Your best birthday	W Restaurants & cafés	Th Animals in your life	F Your favourite dish
M A healthy body	T Your favorite day of the week	W Paper products	Th Your health care providers	F Lessons learned with first love
M Chocolate	T The warmth of the sun	W Ice cream on a hot day	Th Your best holiday memory	F A cup of coffee or tea