

# 21 Days of Thankfulness – Guide

**Starting November 8th we will write a note a day until Thanksgiving. We invite you to join us as we give thanks for the people in our lives. Follow our guide, choose a napkin or a note card and remember it is the thought that counts.**

1. We have much to be thankful for. I'm thankful you.
2. You have a lot to be thankful for. Look around you. Are you thankful for a friend? Then Thank Them!
3. "What if, today, we were grateful for everything?" – Charlie Brown
4. Never be afraid to say you are sorry or thank you.
5. Embrace your inner turkey.
6. "Feeling gratitude and not expressing it is like wrapping a present and not giving it." (William Arthur Ward) Tell someone today you are grateful for them.
7. There is always something to be thankful for.
8. I have not stopped giving thanks for you, remembering you in my prayers. Ephesians 1:16
9. Let us be thankful for the problems we don't have.
10. Thank you for being you.
11. There is always time for gratitude and new beginnings.
12. Thanksgiving is not just about discussing our blessings, but using them to bless others.
13. "No one has ever become poor by giving." – Anne Frank
14. You are an awesome \_\_\_\_\_! I love being your \_\_\_\_\_. You make me so proud!
15. Thanksgiving is a choice.
16. If we are thankful for everything, then we truly have enough
17. It is thankful people who are happy; not happy people who are thankful.
18. "Appreciation can change a day, even change a life. Your willingness to put it into words is all that is necessary." – Margaret Cousins
19. The secret to having it all is knowing that you do.
20. Let our lives be full of both thanks and giving.
21. Dear \_\_\_\_\_, I am thankful for you because \_\_\_\_\_.

## Bonus Notes

It isn't so much what's on the table that matters, as what's on the chairs. – W. S. Gilbert  
I am grateful for what I am and have. My thanksgiving is perpetual. – Henry David Thoreau.  
"An optimist is a person who starts a new diet on Thanksgiving Day." — Irv Kupcinet  
Happy Thanksgiving! Don't let the turkeys get you down!

Post a picture of your note each day with #21DaysofThankfulness and join us!

[www.21DaysOfThankfulness.com](http://www.21DaysOfThankfulness.com)

# 21 Days of Thankfulness

**Starting November 8th we will write a note a day until Thanksgiving. We invite you to join us as we give thanks for the people in our lives. Follow our guide, choose a napkin, a sticky note, or a note card.**

For the next 21 days, I \_\_\_\_\_ (your name) will write a note each day.

I will remember that it's the thought that counts. My notes don't have to be perfect.

They just have to be written and given away.

## Instructions

### Step 1:

Use each box as a calendar reminder to write a note. Check off, stamp, highlight, or use glitter glue to mark off each letter written.

### Step 2:

There is no Step 2.

Nov 8	Nov 9	Nov 10	Nov 11	Nov 12	Nov 13	Nov 14
Nov 15	Nov 16	Nov 17	Nov 18	Nov 19	Nov 20	Nov 21
Nov 22	Nov 23	Nov 24	Nov 25	Nov 26	Nov 27	Nov 28



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