



28 Ways to Practice Thanksliving

A gratitude practice for every day from November 1 to Thanksgiving.

A Spiritual Practice inspired by Frederic and Mary Ann Brussat.

Enjoy this Practice of 28 ways to express gratitude.

Keep a brief daily journal and enjoy this precious time leading up to Thanksgiving.

Nov. 1 (All Saints Day): Think of someone who has been a guide for you in life.

Express your gratitude by doing something in their honor.

Nov. 2: Take time to enjoy something you own but have ignored — a piece of jewelry or a flower vase — and express your gratitude for its beauty by dusting it off and using it.

Nov. 3: Go on a quiet, meditative walk through your house. Stop and say prayers of thanks for all the good experiences you have had in each room.

Nov. 4: While you are eating a meal, be grateful for the food by savoring each piece with all your senses.

Nov. 5: Choose one thing you use every day — perhaps a favorite pen or a cooking pot — and say a prayer over it, acknowledging how it helps you serve others.

Nov. 6: Wash your car or clean your telephone and stop to appreciate how it helps you to connect with other people.

Nov. 7: Show your gratitude for the gifts of nature by holding a small item in your hand and marveling at its gifts.

Nov. 8: Find a special way to express your gratitude to a part of your body; for example, give your feet a good massage.


Nov. 9: Think about the hidden helpers, dishwashers in restaurants, road maintenance workers, bus drivers and share a silent blessing with them.

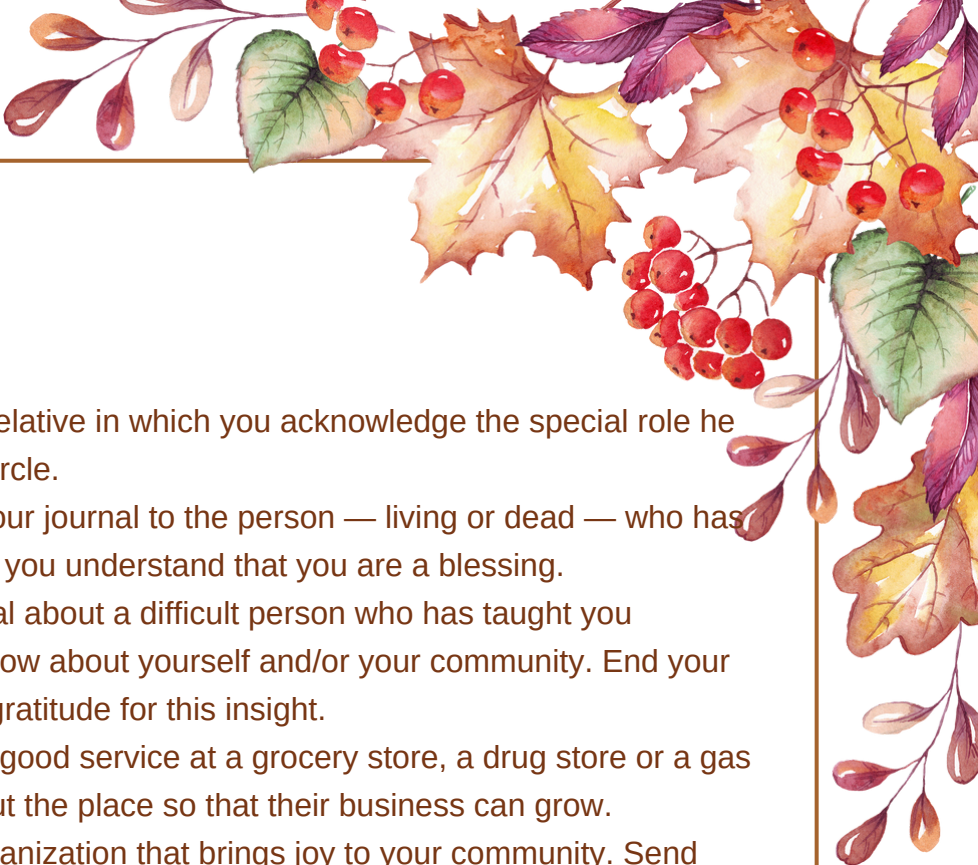
Nov. 10: Write a letter of appreciation to an author whose book has been an inspiration to you. Send it through his/her website.

Nov. 11: (Traditional Veteran's Day in the United States): Give thanks for peace, and the peacemakers in your life.

Nov. 12: Pass on a gift that you have received but that is sitting unused in a closet. Keeping gifts in circulation is a sign of gratitude.

Nov. 13: After seeing a movie or watching a TV program that touches your soul, say a prayer of thanks for the writer, director, actors, and actresses.





Nov. 14: Write a letter to a relative in which you acknowledge the special role he or she plays in your family circle.

Nov. 15: Write a tribute in your journal to the person — living or dead — who has lifted your spirits and helped you understand that you are a blessing.

Nov. 16: Write in your journal about a difficult person who has taught you something you needed to know about yourself and/or your community. End your entry with an expression of gratitude for this insight.

Nov. 17: In gratitude for the good service at a grocery store, a drug store or a gas station, tell your friends about the place so that their business can grow.

Nov. 18: Support a local organization that brings joy to your community. Send them a note of appreciation.

Nov. 19: Make a donation to a charity or a nonprofit organization with a note mentioning your support of the good work they are doing.

Nov. 20: Create a living prayer of thanksgiving by providing a service to a neighbor, doing a chore, or running an errand.

Nov. 21: To express your gratitude to a good friend for always being there for you, give them a playlist of your favorite songs or a book that has changed your life.

Nov. 22: As you are moving around your community today, notice and acknowledge the many blessings you receive from living there.

Nov. 23: Thank a person at work for doing his or her job well.

Nov. 24: Call to mind a favorite song, play it or sing it and see how it lifts your heart. Give thanks for the songwriter and the performer.

Nov. 25: Stop and watch a bird at the feeder or a tree swaying in the wind and notice how your heart opens.

Nov. 26: Identify one quality that you admire about each person coming to your Thanksgiving gathering. Using decorative script, stickers, and drawings, create place cards illustrating these qualities. If possible, include children in this project.

Nov. 27: As you begin to plan the food for Thanksgiving Day, reflect on those who shared recipes and stories.

Nov. 28: (Thanksgiving) Say grace before your Thanksgiving meal. Give thanks for the food, the fellowship of the company around the table, and the presence of Spirit among you.

