

AUTUMN GRATITUDE ACTIVITY

INSTRUCTIONS: Cut apart each of the actions below, creating slips of paper. Place slips in a paper lunch bag. Select one action each day until Thanksgiving.

Smile.

Venture outside for a five-minute walk.

Indulge in a delicious piece of chocolate (or a fresh colorful smoothie).

Find a piece of jewelry you haven't worn in a while.

Spend time with someone who makes you laugh.

Play solitaire.

Find serenity at a favorite local spot (a park, a lake, a coffee shop, a little nook in your house or office).

Take one action towards a goal or dream.

Hit the pause button and spend five-minutes to allow your mind to become quiet.

Bake something for someone else.

Bake a favorite treat with a family member or friend.

Discover a new song.

Enjoy a long brunch.

Try a new fitness class.

Watch your favorite movie.

Read your favorite magazine.

Declare a weekend vacation day. Write it *big* on your calendar so you get to anticipate this upcoming time.

Do a good deed.

Treat yourself to a favorite cup of coffee, tea, or apple cider.

Listen to your favorite music.

Dance.

Draw something, just for the fun it.

Get rid of two items in your physical environment that make you feel negative.

Snack on fresh fruit.

Wear a color that makes you feel happy!

Write down three things that you are grateful for.

Reconnect with someone you haven't spoken to in a while.

Watch the sunset from a beautiful location.

Discover something new.

Start a book that you've been meaning to read.

Begin a DIY project.

Frame a photo of a favorite memory.

Take five deep breaths and stretch.

Browse books at your local book store.

Try a new recipe.

Learn a new hobby or craft.

Redesign an area of your office or home, using what you already own.

Create a list of 10 things you love about a family member and surprise him/her with the list.

Look on the bright side.

Take a short nap.

Enjoy a peaceful lunch break.

Write an encouraging note and leave it for someone to find.

Donate your time to a local charity.

Donate one item to a local charity.

Create a collage.

Create a list of 10 things that make you happy.

Make a commitment to do at least one thing per day that adds joy to your life.