

The Thanksgiving Challenge

Make Thanksgiving a season, not just a day.

A November Gratitude Calendar · 2026 Edition

Why this matters: Thanksgiving comes and goes in a single afternoon, but gratitude is a practice — it gets stronger the more you use it. Spend a month building the habit, and you'll arrive at the table already full instead of racing in empty-handed.

How to use this: Pick one practice a day, or follow the calendar exactly as written. Put it on your fridge and treat it like a Gratitude Advent Calendar — one day, one moment, at a time.

● Reflective ● Active ● Relational ● Creative

SUN	MON	TUE	WED	THU	FRI	SAT
1 ● Notice something you always rush past.	**2** ● Start your gratitude list — 3 things.	**3** ● Call someone. Say thank you, specifically.	**4** ● What did a hard season teach you?	**5** ● Phone-free walk. Count your blessings.	**6** ● Mail a real thank-you note.	**7** ● What surprised you this week?
8 ● Find one good thing in a routine you dread.	**9** ● Thank your body for showing up today.	**10** ● What has a hard person taught you?	**11** ● Do a quiet, unseen kindness.	**12** ● Start a gratitude jar.	**13** ● Thank a mistake that taught you something.	**14** ● Build a "glad to be alive" playlist.
15 ● Ask someone what they're grateful for. Listen.	**16** ● Who believed in you before you did?	**17** ● Send three specific thank-yous.	**18** ● Why does one family tradition matter?	**19** ● Doodle something you're thankful for.	**20** ● Say a proud moment out loud.	**21** ● Decide what you'll bring to the table.
22 ● Notice abundance while you shop or clean.	**23** ● What does Thanksgiving mean, minus the food?	**24** ● Name who shaped your year.	**25** ● Rest. Notice what's changed in you.	**26** ● **THANKSGIVING** Arrive present. Say it out loud.	**27** ● **DAY AFTER** What's different in you since Nov 1?	**28** ● **CHRISTMAS KICK-OFF** Decorate with intention, not rush.
29 ● Write a letter to next year's you.	**30** ● What will you carry into December?				Help Support Making Thanksgiving a Season	Thanksgiving Challenge

Gratitude isn't a destination — it's a way of being. November is your invitation to practice it fully, deeply, and joyfully.

Share your favorite practice. # ThanksgivingChallenge.

Courtesy of The IntoWisdom Group

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