

A month of gratitude

CHALLENGE

Week 1: Start a gratitude journal.

Week 2: Declutter your life.

Week 3: Thanksgiving challenge.

Week 4: Connect with loved ones.

#ADREAMERLIFE

A decorative illustration at the bottom of the page featuring stylized green leaves and small white flowers with yellow centers, arranged in a symmetrical, branch-like pattern.

Thanksgiving

CHALLENGE

- Monday – people in our lives;
- Tuesday – pets in our lives;
- Wednesday – places in our lives;
- Thursday – what or whom we do call “Home”;
- Friday – what inspires our lives;
- Saturday – what makes us happy;
- Sunday – small things (roof over our heads, food on our table, etc.)

#ADREAMERLIFE