

NOVEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Welcome to the November Gratitude Journey with UTO. Each day, you'll see a question to help you spend a moment giving thanks for something in your life. You can journal your answer, take a photo and share with us on social media, or discuss over dinner with friends/family.</p>						
<p>1 This week, we're giving thanks for nature. Give thanks for your favorite spot in nature.</p>	<p>2 Give thanks today for your favorite fall fruit and/or vegetable.</p>	<p>3 Give thanks today for your favorite fall outdoor experience.</p>	<p>4 Today we invite you to rest & reconnect with nature by doing something kind for the earth.</p>	<p>5 This week, we're giving thanks for ourselves. Give thanks for the amazing person you are.</p>	<p>6 Give thanks today for at least one way you are creative.</p>	<p>7 Give thanks today for a physical activity you enjoy doing.</p>
<p>8 Give thanks today for something you learned recently.</p>	<p>9 Give thanks today for something you are proud of.</p>	<p>10 Give thanks today for your personality.</p>	<p>11 Today we invite you to rest & reconnect by doing something kind for yourself.</p>	<p>12 This week, we're giving thanks for community. Give thanks for the best thing in your town.</p>	<p>13 Give thanks today for your favorite outdoor spot in your town.</p>	<p>14 Give thanks today for your favorite non-profit.</p>
<p>15 Give thanks today for a favorite spot only the locals know.</p>	<p>16 Give thanks today for your favorite town tradition/event.</p>	<p>17 Give thanks today for your favorite place to go for fun in your town.</p>	<p>18 Today we invite you to rest & reconnect by doing something kind for your community.</p>	<p>19 This week, we're giving thanks for others. Give thanks for those who matter the most to you.</p>	<p>20 Give thanks today for your neighbors and neighborhood.</p>	<p>21 Give thanks today for your community leaders.</p>
<p>22 Give thanks today for your family/friends.</p>	<p>23 Give thanks today for those you are gathered with.</p>	<p>24 Give thanks today for those who work while others rest on days off.</p>	<p>25 Today we invite you to rest & reconnect by doing something kind for others.</p>	<p>26 This week, we're giving thanks for home. Give thanks for your favorite thing about home.</p>	<p>27 Give thanks today for something you fixed or created at home.</p>	<p>28 Give thanks today for your favorite outdoor spot at home.</p>
<p>29 Give thanks today for the most comfortable spot to relax.</p>	<p>30 Give thanks today for your favorite way to celebrate the holidays.</p>	<p>What's next? We hope you'll consider adding gratitude practices to your daily routine. UTO offers more gratitude resources at www.unitedthankoffering.com</p>				



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