

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.