



*Gratitude and Attitude  
are not challenges;  
they are choices!*

| Sunday | Monday | Tuesday | Wednesday | Thursday                                                                              | Friday                       | Saturday                                                                              |
|--------|--------|---------|-----------|---------------------------------------------------------------------------------------|------------------------------|---------------------------------------------------------------------------------------|
|        |        | 1       | 2         | 3                                                                                     | 4                            | 5                                                                                     |
| 6      | 7      | 8       | 9         | 10                                                                                    | 11                           | 12                                                                                    |
| 13     | 14     | 15      | 16        | 17                                                                                    | 18                           | 19                                                                                    |
| 20     | 21     | 22      | 23        | 24                                                                                    | 25                           | 26                                                                                    |
| 27     | 28     | 29      | 30        |  | <b>BE</b><br><i>Grateful</i> |  |

**NOTES:**