	November Thankful Challenge
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▼ κ	eening a gratitude journal heightens well-heing. Take time this month to sayor positive experiences and achievements and

Keeping a gratitude journal heightens well-being. Take time this month to savor positive experiences and achievements and to appreciate why they occurred.

Each day of November write down one thing you are grateful for and why. Hopefully each day will be something different and this activity will help you see all the positive things in your life.

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