

# Thankfulness in Action

This month, we're turning gratitude into action! Complete 5 in a row or aim to fill the whole board by month's end. Each "thank you" brings **Knowing the Difference** into our daily lives, so we can remember our roots in order to rise.

Say "thank you" to a person who made a difference in your life.	Write a positive note to a person who has shown qualities you admire.	Express gratitude about a past experience in a prayer.	Text someone "I appreciate you". Include why.	Say "thank you" to a stranger you see doing something kind or helpful.
Give thanks before a meal and recall your favorite meal experiences as a child.	Share a gratitude post online about a memory from your childhood.	Thank yourself for a personal win that connects to a positive memory.	Compliment someone sincerely on a trait you admire in their character.	Send a voicemail "thank you" to a family member that taught you something valuable.
Thank a teacher, mentor, or guide.	Reflect on something difficult that you're grateful for now.	FREE SPACE-PAUSE AND BREATH IN THANKFULNESS.	Thank a coworker or peer for something that relates to their impact in your life.	Do a small act of kindness randomly.
Genuinely thank someone from your past.	Write down 3 things you're thankful for right now that connect to your childhood.	Leave a kind review or note of appreciation.	Thank a friend who showed up for you when you needed them.	Donate or volunteer at a place that resonates with positive childhood memories.
Tell someone you love, why they matter to you.	Thank someone who serves your community in a way you respect.	Thank God or your higher power for your past and present experiences.	Offer a prayer of gratitude for what's to come.	Thank the earth for the positive experiences you connect to it.

"Gratitude turns ordinary days into blessings."