

WEEK THREE Disrupt Schedules

Nov 13: Self-Care Sunday! Today we encourage you to take time for self-care. Do something today that will help you feel rested and rejuvenated because often our inability to practice gratitude comes from the reality that our bucket is dry. Today, we encourage you to fill your bucket back up to help you practice gratitude and empathy this week.

Nov 14: Groceries Grocery prices have made going grocery shopping more stressful than in years past. For many of us, the experience isn't a lot of fun, but a necessary task. Today, as you head to the grocery store, look for things to give thanks for, from items in stock to items on sale. Also be sure to practice gratitude by saying thank you to the employees you encounter today.

Nov 15: Gas Station/Mass Transit As you engage with transit today, consider ways you can practice gratitude amid it. Give thanks for transportation, for the people who make it happen, for the ability to get from place to place, and so on. What are you thankful for when it comes to ways to get around your community?

Nov 16: Coffee Shop Often the practice of getting coffee is a habitual errand. As you go to the shop you frequent the most, consider what you like about it, from proximity to ambiance, give thanks for those things. Many of us say thank you to employees without much thought or consideration, but today consider practicing intentional gratitude with the staff of your favorite coffee shop.

Nov 17: Restaurants Disrupt the chore of cooking dinner with gratitude by eating at a restaurant. We often forget that going to a restaurant for dinner is a gift. Today, when you eat away from home, we encourage you to give thanks for the opportunity to do so. Consider those who've made your dinner a gift – from the cooks to the hostess – and say thank you with intention.

Nov 18: Work/School Work and school are places our days fall into routines, but are also some of the easiest places to disrupt with gratitude. Are there people who you can thank who make your work easier? Can you do something to help someone without their asking? Can you create a space for your colleagues to have a moment for gratitude or creativity? (Like organize lunch or a dance break.)

Nov 19: Play! Today we hope you think about ways to incorporate play into your time off. How can you add some play time into your vacation time? Or how can you play during your lunch break? Where can you plug in a moment or two of play amid your schedules?