

## WEEK FIVE Disrupt Transitions

### Nov 27: Self-Care Sunday!

Today we encourage you to take the time you set aside at the beginning of the month 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 fill your bucket back up to help you practice gratitude and empathy this week.

### Nov 28: Disrupt the Rush

As we move closer to December 1st, there is a great deal of pressure to move into Christmas well before the holiday begins. From shopping on Black Friday to Cyber Monday, many people have their eyes set on Christmas at this point, but what if we disrupted the rush to move from Thanksgiving to Christmas by taking a moment to give thanks for this in-between time. In-between times of transition can be moments of anxiety or moments of rest. What things can you give thanks for as one season ends and another begins? How can gratitude help you stay present to this moment before rushing to Christmas?

### Nov 29: Giving Tuesday

Today in the United States we celebrate **Giving Tuesday**, which is in some ways a cultural phenomenon of gratitude. It asks us to donate to organizations doing good in our community or around the globe. We invite you to pay attention to **Giving Tuesday**, as an interruption to consumerism. How does **Giving Tuesday** help you recognize the good things happening in your community that you might otherwise overlook?

### Nov 30: Commit to continuing the disruption

As November comes to an end, we hope you've enjoyed the invitation to disrupt things. Tomorrow we will enter the season of **Advent**, a time of waiting and anticipation. It is a challenging time for most of us, as society wants us to rush to Christmas. Some stores put up Christmas items as soon as Halloween is over, but the work of waiting, anticipating, and preparing is important. So, today, we encourage you to think about ways you want to commit to disrupting the urge to rush to Christmas and list them here. We strongly recommend gratitude, play, and self-care as continuing forms of disruption.