The Gratitude Gift

November is the perfect month to slow down and notice the people who make your life better. Each day, write down one thing you're thankful for about someone special in your life. It could be your spouse, child, friend, neighbor, coworker, or anyone who has made a difference in your life. By the end of the month, you'll have a beautiful collection of reasons why you're grateful for that person, creating a meaningful gratitude gift you can give them during the holidays in December.

You could simply give them this completed page, or take your gratitude gift up a notch and turn it into something they can treasure for years to come. Add photos and memories and create a scrapbook or spiral-bound book. You could laminate the pages, place them in a beautiful picture frame, or create your own special keepsake. However you choose to share it, the most important part is letting someone know just how much they mean to you. What a wonderful gift to give someone this holiday season!

I am grateful for you because... (sample)

1	...you took out the trash today.
2	...you called me beautiful even when I just rolled out of bed.
3	...you provide for our family.
4	...you made an amazing and healthy dinner for us.
5	...you encourage me to keep going when things get hard.
6	...you make our home feel happy and welcoming.
7	...you saved me the last piece of pumpkin pie.
8	...you encouraged me to chase a dream I was afraid to pursue.
9	...you brought me coffee today as a fun surprise.
10	...you picked up the kids from soccer practice today so I could rest.
11	...you always know how to make me laugh.
12	...you make me feel loved and appreciated.
13	...you listen when I need someone to talk to.
14	...you let me pick out the movie for movie night tonight.
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KELLIE GRILL EQUINE GESTALT COACH
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The Gratitude Gift for _____

I am grateful for you because...

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