Wellness Gratitude Challenge

November 1–30 • Fremont Family YMCA

Spend the month of November focusing on positivity and mindfulness! Each day, complete a different gratitude-based activity designed to support mental and emotional wellness, encourage healthy habits, and spread kindness throughout our community. From acts of kindness to moments of reflection and self-care, every activity is a chance to build a healthier mindset during the busy holiday season. **Check off each day as you go, and complete your calendar for a chance to win exciting prizes!**

SUN	MON	TUE	WED	THU	FRI	SAT
1 ○ **Extra Hour** Clocks fall back! Use your bonus hour to write down 3 things you're grateful for.	2 ○ **Thank-You Text** Text someone who helped you recently and tell them why it mattered.	3 ○ **Mindful Walk** Walk 10 minutes. Notice 5 things around you that you're thankful for.	4 ○ **Triple Compliment** Give genuine compliments to three different people today.	5 ○ **Hydrate & Thank** Drink an extra glass of water and thank your body for all it does.	6 ○ **Reach Out** Call or video chat a loved one you haven't talked to in a while.	7 ○ **Declutter** Clear out one drawer or shelf. Set aside items to donate.
8 ○ **Unplug** Go screen-free for one hour. Enjoy the quiet.	9 ○ **Thank the Y** Thank a YMCA staff member or fellow member by name.	10 ○ **Deep Breaths** Take 5 minutes to breathe slowly: in for 4, out for 6.	11 ○ **Veterans Day** Thank a veteran or service member for their service.	12 ○ **Note of Cheer** Write an encouraging note and leave it for someone to find.	13 ○ **World Kindness Day** Do one random act of kindness for a stranger.	14 ○ **Savor a Meal** Eat one healthy meal slowly. Notice every flavor.
15 ○ **Get Outside** Spend 20 minutes outdoors. Notice the sights and sounds of fall.	16 ○ **Pay It Forward** Hold a door, let someone go first, or cover a coffee.	17 ○ **Try Something New** Join a new class or activity at the Y.	18 ○ **Gratitude Letter** Write a letter to someone who made a difference in your life.	19 ○ **Stretch & Reset** Do 10 minutes of gentle stretching or yoga.	20 ○ **Food Drive** Collect non-perishables for a local food pantry.	21 ○ **Happy Memories** Look through old photos. Share one with someone.
22 ○ **Good Neighbor** Do something kind for a neighbor or friend.	23 ○ **Self-Kindness** Name 3 things you like about yourself. Say them out loud.	24 ○ **Rest Up** Go to bed 30 minutes early tonight.	25 ○ **Unsung Heroes** Thank someone who works behind the scenes.	26 ○ **Thanksgiving** Share what you're thankful for with the people at your table.	27 ○ **Move & Play** Dance, walk, or play a game with family or friends.	28 ○ **Shop Local** Support a small local business and thank the owner.
29 ○ **Look Back** Reflect on the month. Which challenge meant the most?	30 ○ **Celebrate!** Share your gratitude with someone, then turn in your calendar.					

Finish all 30 days to enter the prize drawing!

Return your completed calendar to the front desk by December 4th, 2026.

Name: _____ Phone / Email: _____

Flip over for gratitude journal prompts to use any day of the month.

My Gratitude Journal

Write one or more each week, or any day you need a boost

1. **What is one small thing that made me smile this week?**

2. **Who is someone I'm grateful for, and what would I like to thank them for?**

3. **What is something about my body or health that I appreciate today?**

4. **Describe a moment this month when I felt calm, peaceful, or proud.**

5. **What is a challenge I've faced that taught me something valuable?**

6. **Which place, person, or activity at the Y makes me feel welcome and why?**

7. **How did I spread kindness this month, and how did it make me feel?**

8. **Looking ahead to the holidays, what do I most want to remember and appreciate?**

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more." – Melody Beattie