

November



GROUNDED IN GRATITUDE

What can you do to center your attention on gratitude this month?

b's November Intention: Gratitude and Giving Back

b will reflect on what they're thankful for and give back to their community through acts of kindness.

Grounded
in gratitude



Use the space below to set your intention for November.

A large, light gray rounded rectangular area containing ten horizontal white lines for writing.

