

# Thanks Living

*More than a holiday, Thanksgiving is a way of life. Below are some daily gratitude prompts for everyday graces. During November you are invited to share your responses on social media with the hashtag #NoticingGrace.*

1. Work (paid or unpaid) that gives me purpose
2. Song, book, or movie that lifts my spirit
3. Mentor or teacher who has invested in my development
4. Loved one with whom I can be my full self
5. Hobby that brings me joy
6. Way I'm able to share out of my abundance
7. Place that reminds me of the beauty of God's creation
8. Difficulty that has taught me an important lesson
9. Somewhere I see good happening in the world
10. Something I look forward to each day
11. Someone who has offered me unexpected help
12. Community I'm grateful to be part of
13. Belief that shapes me
14. Memory that delights me
15. Tradition that grounds me
16. Spiritual practice that keeps me connected to God and others
17. Opportunity that has changed my life
18. Favorite quality or feature of myself
19. Necessities to which I have access
20. Resources that aren't essential to which I have access
21. Family, whether biological or chosen
22. Areas of my life where I experience wholeness
23. Time when I was braver than I thought I could be
24. Time when I was glad I showed vulnerability
25. Time when I was let into the sacred space of someone else's vulnerability
26. Way I observe sabbath
27. Subject that sparks my curiosity
28. Opportunity to play or be silly
29. Piece of wisdom I've gained by life experience
30. Goal that gives me energy

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