

GIVING TUESDAY LEBANON

28 Days of Gratitude

1 Start a personal gratitude journal	2 Make thank you cards for hospital workers	3 Send a thank you email to someone	4 Call someone and thank them	5 Make a thank you sign for your building's custodian	6 Take a walk and think about what you are grateful for	7 Make a little jar full of thanks for someone
8 Share a post about someone you are grateful for	9 Start a gratitude jar at work with your co-workers	10 Thank a veteran by donating to a veterans' cause	11 Thank a nonprofit for their work	12 Thank a coach at the local school	13 Thank 5 people today	14 Share a gratitude quote on social media
15 Write an online review to thank a small business	16 Send someone a thank you card	17 Tell a co-worker why you appreciate them today.	18 Leave thank you treats for your delivery folks	19 Leave a note of gratitude on your neighbor's door	20 Thank a cafeteria worker at the local school	21 Thank a teacher at the local school
22 Make a thank you gift for someone	23 Have pizza delivered to first responders to thank them for their service	24 Send a care package with thank you notes to service men & women overseas	25 Thank a cashier for doing their job	26 Leave a thank you note in your mailbox for your carrier	27 Make thank you notes to pass out to food service workers	28 Talk to kids about gratitude

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