



# November Gratitude List



Even when life feels tough, there are still little moments of joy to be found. Noticing these positive things, even if they're small, can improve your mood. During November, jot down one thing you're grateful for each day. It can be as simple as enjoying your cat's comforting purr. Once the month is over, keep your finished list handy and look at it on challenging days--it just might lift your spirits.

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