

gethealthy DeSoto **November Toilet Talk**

1 Family	2 Home	3 Friends	4 Faith	5 Weather	6 Food	7 Leaves
8 Look through a family photo album	9 Be thankful for neighbors who have been helpful in the past week	10 Give flowers or a treat to someone important to you	11 Complement a stranger	12 Write a thank you note to a friend; use real mail!	13 Sign up to volunteer	14 Recognize today as a gift
15 Be thankful for technology that has been helpful during the pandemic	16 Leave a hidden note for your significant other	17 Call a friend from high school	18 Make up a silly song with your children, regardless of their age (or yours!)	19 Practice a meditation technique	20 Spread some kindness on social media	21 Donate \$10 to your favorite charity
22 Be thankful for one skill you've recently learned	23 Take a walk today and say "hello" to anyone you pass	24 Express gratitude for life's hardships	25 Start a gratitude journal	26 Be Thankful!	27 Watch some football	28 Shop local & watch the Christmas Home Tour at 7 PM!
29 Try to smile more today	30 Write a thank you letter to your mom	<p>A Month to be Thankful!</p> <p>Be thankful each day. The first week is the easy part!</p>				

Our first ever virtual Christmas Home Tour will be at 7 PM on November 28th!