

2020 Be Transformed 30 Day Gratitude Challenge



Join Author & Speaker, Carmela E. Head, in the month of November 2020 for the **Be Transformed 30 Day Gratitude Challenge!**

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Welcome to the **2020 Be Transformed 30 Day Gratitude Challenge!**

Can you meet the challenge? Here we are again! We are now in the month of November! Commit to writing down one word every day on the calendar or journal each day during the month of November to reflect your thoughts about gratitude. Print additional copies of the journal pages to make your entries. It's been said that expressing gratitude helps us in so many ways, especially positivity in our lives. What better month to honor thankfulness and gratitude! Join me in the month of November for the **2020 Be Transformed 30 Day Gratitude Challenge** and let's see how transforming a little thankfulness can be.

You can continue with the challenge by using the **30/31 Day Blank Calendar** For additional months!

May you be empowered and inspired!



Carmela E. Head,
Author & Speaker



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Be Transformed 30 Day Gratitude Challenge!

November 2020

By Author Carmela E. Head

Gratitude!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



Be Transformed **30/31** Gratitude Challenge!

By Author Carmela E. Head

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

gratitude



A vibrant yellow sunflower with a dark brown center is the focal point of the image. It is surrounded by other sunflowers in a field, with a bright, slightly blurred background suggesting a sunny day. The image is centered and occupies the middle portion of the page.

2020 Be Transformed 30 Day **Gratitude** Challenge

Gratitude

**Week 1 Gratitude
Activity**

**CRAFT/DESIGN
YOUR
UNIQUE
GRATITUDE
JOURNAL KEEPSAKE**



**Create a keepsake of gratitude for yourself.
Download your free November Gratitude
Calendar and journal pages at the top of this
page. Print off your pages. Place them in a
binder of your liking. Add inspirational pages
and page dividers. Enjoy!**

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