November 2026

#GratefulSCU

Santa Clara University Gratitude Month Calendar

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	Start a **Gratitude Jar** Write one thing you are grateful for each day 1	Share your gratitude at a post-it station 2	3	**Listen** to a **gratitude meditation** 4	Visit a **thank you Thursday card** table 5	**Photo Friday** with **SCU staff** you appreciate 6	Write a **gratitude letter** and deliver it 7
8	**Tell** someone what you feel grateful for 8	Share your gratitude at a post-it station 9	**Thank you Tuesday,** thank an **SCU faculty member** 10	**Thank a Veteran/ Service Member today** 11	Visit a **thank you Thursday card** table 12	**Photo Friday** with **SCU faculty** you appreciate 13	Learn about the **Ohlone & Muwekma Ohlone Tribes** 14
9	**Ask** someone what they feel grateful for 15	Share your gratitude at a post-it station 16	**Thank you Tuesday,** thank an **SCU staff member** 17	**Listen** to a **gratitude meditation** 18	Visit a **thank you Thursday card** table 19	**Photo Friday** with **SCU student** you appreciate 20	Do the **SCU Native History Tour** 21
Thanksgiving Break	**Tell** someone why you feel grateful for them 22	Share your gratitude at a post-it station 23	**Thank you Tuesday,** thank an SCU student 24	**Listen** to a **gratitude meditation** 25	26	27	**Share what you've learned** about gratitude with someone 28
10	**Ask** someone who they feel grateful for 29	Read through your **Gratitude Jar** and reflect on the month 30					

www.GratitudeMonth.com **Questions?** Email hjazaieri@scu.edu