




November 2022

#GratefulSCU22



Santa Clara University Gratitude Month Calendar

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7			Join SCU's thnx4.org gratitude challenge 1	Today, and all month, post at a gratitude post-it station 2	Write a thank you Thursday card around campus 3	Photo Friday take a pic with an SCU staff you appreciate 4	Learn about the Ohlone & Muwekma Ohlone Tribes 5
8	Tell someone what you feel grateful for 6	First day of SCU's thnx4.org gratitude journal challenge 7	Thank you Tuesday , thank an SCU staff member 8	Today, and all month, post at a gratitude post-it station 9	Write a thank you Thursday card around campus 10	Photo Friday take a pic with an SCU faculty you appreciate 11	Learn about the Muwekma Ohlone Tribe 12
9	Ask someone what they feel grateful for 13	Attend gratitude research talk 4pm Lucas 106 14	Thank you Tuesday , thank an SCU faculty member 15	Listen to a 10 min. gratitude meditation or Examen 16	Write a thank you Thursday card around campus 17	Photo Friday take a pic with an SCU student you appreciate 18	Do the SCU Native History Tour 19
Thanksgiving Break	Tell someone why you feel grateful for them 20	Write a gratitude letter to someone and deliver it 21	Send a Thank you Tuesday text to an SCU student 22	Listen to a 10 min. gratitude meditation or Examen 23	 24	 25	Share what you've learned about gratitude with someone 26
	10	Last day of SCU's thnx4.org gratitude journal challenge 27	Read & reflect upon all of your thnx4.org entries 28	Giving Tuesday Ohlone & Muwekma Ohlone Scholarship Fund 29	Listen to a 10 min. gratitude meditation or Examen 30	