

## INSPIRED BY FITNESS™ 30 DAY "ATTITUDE OF GRATITUDE" CHALLENGE

I Pledge To Write Down 3 New Things I'm Grateful For Each Day X \_\_\_\_\_\_

"There are 2 ways to live your life. One as though nothing is a miracle and the other as if everything is a miracle." - Albert Einstein

November 2016 November 2016 December 2016 December 2016 ▶						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		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	Notes:		

"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings." - William Arthur Ward