

November

2025 -

Gratitude

A Monthly Workbook  
from Serenity in Motion

My Love,

November carries the whisper of reflection and remembrance.

As the year begins its quiet descent into winter, we're invited to slow down and anchor ourselves in appreciation.

Gratitude has the power to shift energy, soften the heart, and open us to the abundance already present in our lives.

This month, we focus on cultivating heartfelt thankfulness — not just for what we've received, but for who we've become.

With love,

Lily

*“Gratitude is the art of noticing what love has already touched.”*

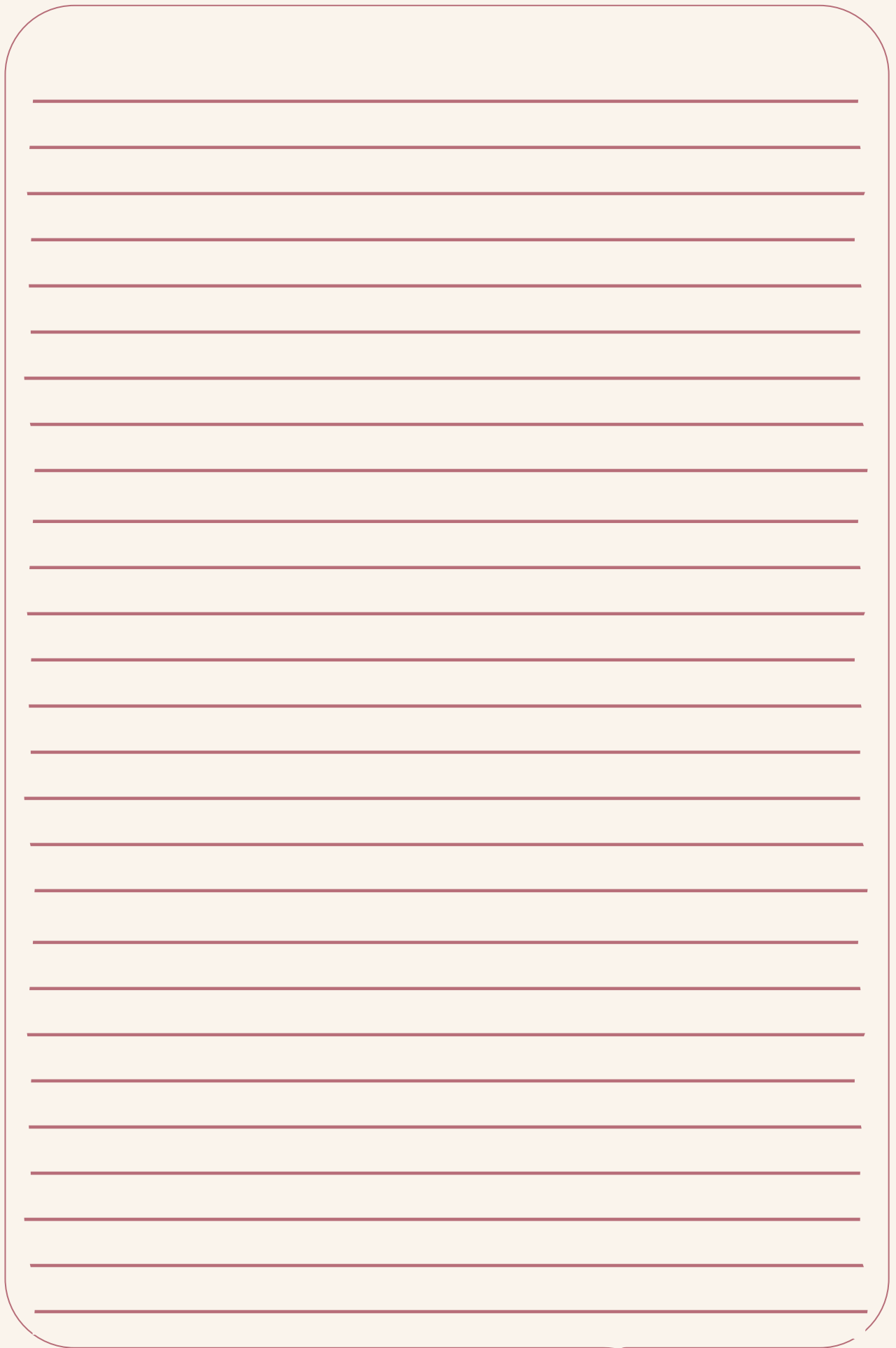
Sometimes we think gratitude must be loud or elaborate.

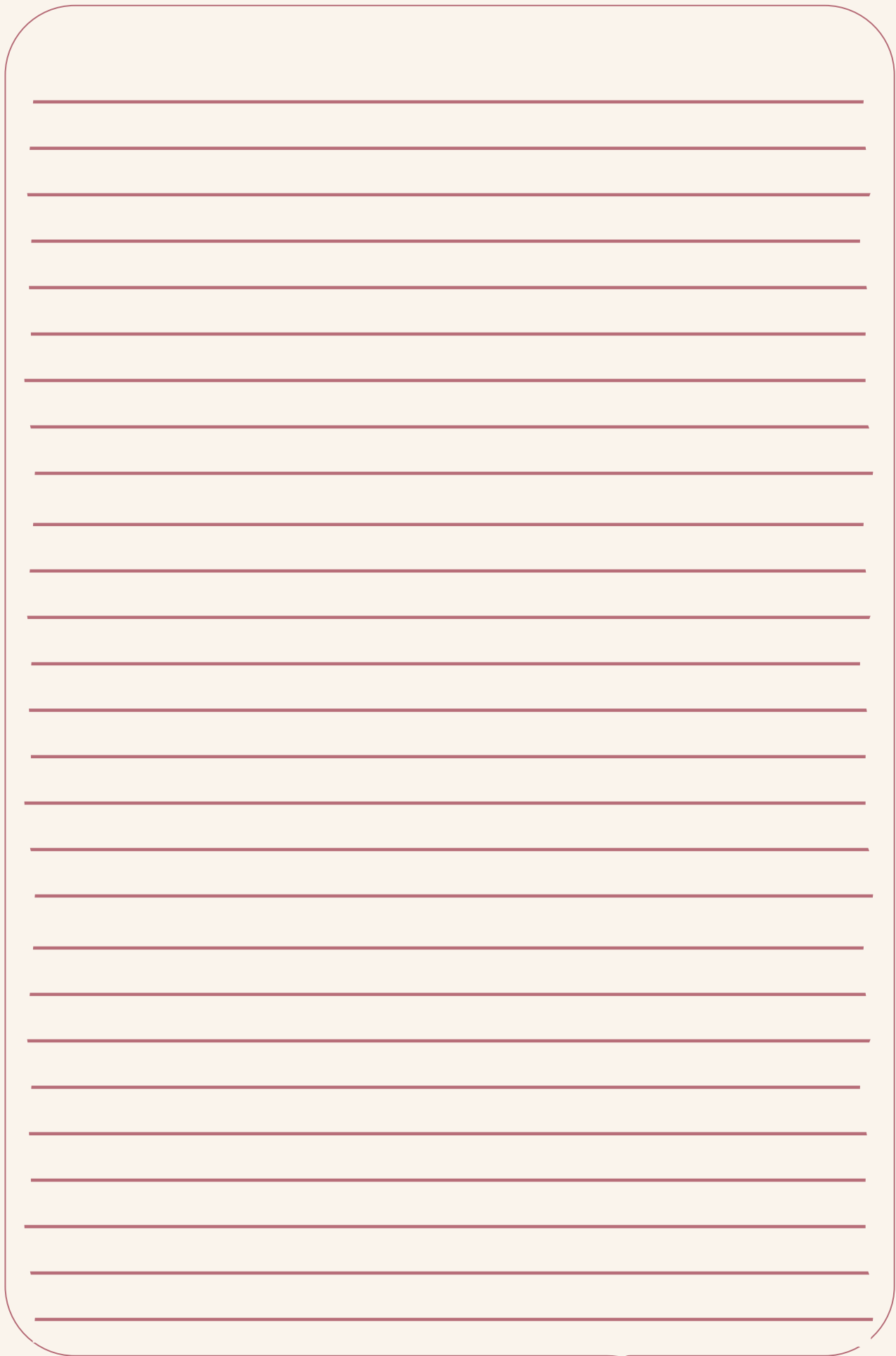
But in truth, it’s quiet and constant — the soft awe of seeing the sacred in the ordinary.

This quote is a reminder that love is already here, shaping our lives in subtle, powerful ways.

## *Journal Prompts*

- What are three small moments this week that brought you unexpected joy?
- Who or what have you taken for granted that you'd like to honour now?
- In what ways have you grown this year that you're grateful for?
- What does 'enough' feel like to you?
- How can you express gratitude through action this month?





## *Affirmations*

- I am thankful for the quiet gifts of each day.
- My life is already full of blessings.
- Gratitude softens me and expands my heart.
- I receive with grace and give with joy.
- Every breath is a thank you.

*The Practice:*

Each morning, before you look at your phone or start your day, place one hand on your heart and the other on your belly.

Take three slow breaths and name (out loud or silently) one thing you are thankful for. Let it be simple.

A warm bed, a message from a friend, the scent of your morning tea.

Allow the feeling of appreciation to ripple through your body.

## *Challenge: Gratitude Ritual*

Choose or create a Gratitude Ritual that you return to consistently this month. This could be:

- Keeping a gratitude journal beside your bed and writing three things each night.
- Sending one handwritten thank you note each week.
- Creating a gratitude altar with objects or photos that remind you of what you cherish.
- Practicing a gratitude walk — a slow, mindful stroll while mentally naming what you appreciate.

At the end of the month, reflect: has your perspective shifted? What felt different when you led with thankfulness?

## *Closing Reflection*

Gratitude doesn't erase pain or difficulty — it simply widens our lens. It reminds us that amidst the chaos and challenge, there is always something worth treasuring.

This month, let gratitude be your anchor. Let it soften your inner world and brighten the outer one too.

You are deeply held, and you have so much to offer — and receive.

