



40 ways to be thankful this holiday season

By Diane Klein

1. Start and end each day with writing down two things you are grateful for.
2. Send a postcard to someone you love.
3. Leave a message on your spouse or kids' mirror.
4. Bring someone breakfast in bed.
5. Plan a fun date night.
6. Leave a generous tip.
7. Compliment others in person.
8. Make some sweet treats and gift the goodies.
9. Host a wine night.
10. Do something that makes you happy.
11. Take a friend to lunch.
12. Pay for someone else's coffee.
13. Gift your favorite book to someone.
14. Drop off a care package to someone in need.
15. Share your favorite podcast.
16. Volunteer at a local charity.
17. Do the dishes after your family feast.
18. Handwrite a thank you note.
19. Read a bedtime story to your kids, grandkids, or great-grandchildren.
20. Give someone a hug.
21. Compliment someone on social media.
22. Say thank you more often.
23. Walk your neighbor's dog.
24. Help a friend run errands.
25. Host a game night.
26. Volunteer at a school.
27. Fill up someone's gas tank.
28. Donate unused clothing.
29. Share a favorite recipe with others.
30. Donate blood.
31. Take a walk.
32. Pack lunch for a picnic.
33. Donate to a local food bank.
34. Treat a friend to a manicure.
35. Send someone flowers.
36. Take someone shopping.
37. Grab coffee with someone new.
38. Call a family member.
39. Take time for yourself.
40. Spend a day with someone you love.

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