



1. Take a walk with a neighbor.

2. Call a friend and tell them how thankful you are for them.

3. Do a small favor for a friend.

4. Clean out your closet. Donate items to your favorite St. Vinny's Thrift Store.

5. Find the good in a bad situation.

6. Notice all the things throughout your day to be grateful for.

7. Share your favorite inspirational quote on social media. Tag us @svdpmadison, #ourgivingtuesday.

8. Smile more often today!



24. Celebrate family, friends and all there is to be grateful for on Thanksgiving.

23. Rest today! Give yourself a moment to relax.

22. It's #ourgivingtuesday! Donate to help people in need. Visit [svdpmadison.org/ourgivingtuesday](http://svdpmadison.org/ourgivingtuesday).

21. Let someone help you. Letting others feel useful is a huge gift.

### Helping our Neighbors in Need

# 24 Days of Thankfulness

Today I am going to...

9. Consider adding the Society of St. Vincent de Paul – Madison in your will. Visit [svdpmadison.org/donate/give-funds/](http://svdpmadison.org/donate/give-funds/).

10. Hold the door open for the person behind you.

11. Send a spontaneous text message to a friend and tell them how much you appreciate them.

12. Leave an extra generous tip.

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[svdpmadison.org/ourgivingtuesday](http://svdpmadison.org/ourgivingtuesday)

20. Send a text message to a friend to congratulate them on a recent accomplishment.

19. Rake a neighbor's leaves (or shovel their driveway!)

18. Share your bounty with a neighbor in need. Drop off food at the St. Vincent de Paul Food Pantry.

17. Hug someone (that you know well!)

16. Share a photo of what you are thankful for on social media. Tag us @svdpmadison, #ourgivingtuesday

15. Call a family member and share one of your favorite stories with them.

14. Apologize to someone that you need to.

13. Find something you like about someone and compliment them for it.

