

PROTECT IT What have I stopped seeing because it's always there?

The gifts we notice least are often the ones holding everything up.

The invisible hunt

Walk through the house and list what works so reliably you never think about it: the furnace, the roof, hot water, the road you drive on, your own immune system. Anything you'd notice right away if it stopped counts. Check the few you'll write as leaves. These are the last new leaves of the month.

_____	☐ leaf
_____	☐ leaf
_____	☐ leaf
_____	☐ leaf
_____	☐ leaf
_____	☐ leaf
_____	☐ leaf
_____	☐ leaf
_____	☐ leaf
_____	☐ leaf
_____	☐ leaf
_____	☐ leaf
_____	☐ leaf
_____	☐ leaf

Ten thank-yous

Try to say ten real thank-yous out loud over the next day, each one naming what the person did. A quick "thanks" on the way out the door doesn't count. Counting is optional, and the number isn't a grade.

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

What the kids said. At bedtime, ask, "Who did you thank today, and what for?" Write it the way they say it.

Getting ready for Thanksgiving: plan the menu

- ☐ Decide what you're making and write the shopping list. Adding a Three Sisters dish or five kernels of dried corn per person on Thursday? Put them on the list too.
- ☐ Someone came to mind late? Write their note today and hang it with the rest, or mail it if they live out of town.

Carry it today: What in your life works so quietly that you'd only notice it if it stopped?