

# thankful THURSDAY

Join Employee Appreciation as we make Thursdays in November “Thankful Thursdays.”

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**Nov 06**

Take time out of your week to reflect and highlight all of the positive moments or people you experienced within the past seven days.

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**Nov 13**

Whether it is someone who held the door open for you or a good meal at Dining Services, it is important to notice and appreciate the little things in your life.

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**Nov 20**

Read MyVU on Wednesdays for more inspiration.

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**Nov 27**

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WHAT ARE YOU thankful  
FOR AT VANDERBILT?