



November: Gratitude, Giving and Generosity

Subject: Practicing gratitude through progress

Hi [Name],

As we enter November, our focus turns to Gratitude, Giving, and Generosity. At Found, we believe one of the best ways to practice gratitude is by celebrating the progress you have made and giving yourself the grace to keep moving forward.

This month, we invite you to participate in our in-app challenge. These challenges are a fun, engaging way to give back to yourself by building consistency and celebrating small wins every day.

Celebrate with us:

- **Join a Challenge:** Opt-in to our monthly challenge in the app.
- **Log Your Gratitude:** Use your daily check-ins to note one thing you are grateful for in your health journey.

[\[Button: Join the Challenge\]](#)

Best,

[HR/Benefits Team]