



30 Days of Gratitude

Gratitude is noticing and appreciating the good things in your life. Shifting your focus from the things you do not have to the things you do have. Each day during the month of November, answer one of the 30 Gratitude Questions to help celebrate this month's topic.

1. A food I am thankful for...
2. A color I am thankful for...
3. A person I am thankful for...
4. A place I am thankful for...
5. A toy I am thankful for...
6. A book I am thankful for....
7. An event I am thankful for...
8. A skill I am thankful for...
9. Something fun I am thankful for...
10. Something beautiful I am thankful for....
11. Something in my desk I am thankful for....
12. A holiday I am thankful for...
13. People I am thankful for...
14. Something in my home I am thankful for...
15. Something I can see that I am thankful for...
16. Something from today I am thankful for...
17. Something I can do that I am thankful for...
18. A tradition I am thankful for...
19. An animal I am thankful for...
20. Something about me I am thankful for...
21. I am thankful for something I have learned...
22. A song I am thankful for...
23. A game I am thankful for...
24. A teacher I am thankful for...
25. Technology I am thankful for...
26. Something from this month I am thankful for...
27. Something in my neighborhood...
28. A teacher I am thankful for....
29. Something that makes me laugh...
30. A memory I am thankful for...