



30 Days of Gratitude Challenge

1 Write down 3 things that you are thankful for.	2 Express gratitude to a person in your life.	3 Go one full day without complaining.	4 Meditate for three minutes.	5 Make an effort to smile throughout the day.
6 Engage in a random act of kindness.	7 Spend 15 minutes practicing self-care.	8 Call someone you've been thinking about.	9 Write thank you notes to 3 people in your life.	10 Go outside and appreciate the beauty of nature.
11 Do something nice for a friend or neighbor.	12 Put on your favorite playlist and dance.	13 List 3 things that you like about your job.	14 Spend the day being an optimist.	15 Write down 5 things you like about yourself.
16 Recognize 3 things you usually take for granted.	17 Write down a favorite part of your workday.	18 Think about what you're grateful for before bed.	19 Be present throughout the day.	20 Start your day with a walk outside.
21 Thank someone who helped you today.	22 List 3 things you appreciate about a colleague.	23 Treat someone behind you in the cafe line.	24 Schedule quality time to spend with loved ones.	25 Think of something great that happened this year.
26 Try to make someone laugh or smile.	27 Refrain from gossip and negativity.	28 Compliment a stranger.	29 Express your thankfulness for life's hardships.	30 Write down one moment you are grateful for today.