



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 Think about one thing in your home that makes you happy.	5 Write down 5 things you like about yourself.
6 Think about something you wished for 3 years ago that you have today.	7 Write about something or someone you are proud of.	8 Call someone you've been missing and meaning to call.	9 Write a thank you note to 3 people in your life.	10 Go outside and appreciate the beauty of nature.
11 Think about a book, movie, or podcast that brings you joy.	12 Reflect on your favorite part of your day today.	13 Write about something you're grateful to have accomplished.	14 Spend the day being an optimist.	15 Write about a risk you are thankful for taking and why.
16 List 5 things you are grateful for in your life.	17 Think about something that made you laugh or smile today.	18 Name 3 songs that bring you joy then listen to them.	19 Think of something positive that happened this year.	20 List 3 things you love about someone special in your life.
21 Think about something you are grateful for that brings you peace.	22 Recognize 3 things you usually take for granted.	23 Write about a sound that brings you joy every time you hear it.	24 Think about what you're grateful for before bed.	25 List 3 reasons why you are excited for tomorrow.
26 Think about what your favorite way is to make someone happy.	27 Thank someone who helped you today.	28 Think about something you are looking forward to and why.	29 Tell someone you appreciate what you appreciate about them.	30 Reflect on your journey and how you will continue practicing gratitude.