

30 DAY GRATITUDE CHALLENGE

Day One: List 3 traits or characteristics about yourself that you are grateful for.	Day Two: Name one person in your life you are grateful to have. Why are you grateful for them?	Day Three: Write about one positive thing that has happened in your life this week.	Day Four: Make a list of 5-10 things in your life that you are grateful for.	Day Five: List three things that you like about your job.	Day Six: Think about one or two of your favorite dishes/food that you are grateful for.
Day Seven: Write about a time a random stranger showed you kindness and how it affected your mood for the day.	Day Eight: Think about a tough relationship you have had in the past that didn't go how you wanted it to. Write about a lesson you learned.	Day Nine: Make a list of three things in nature that you are grateful for.	Day Ten: Write about a hobby or activity in your life that brings you joy.	Day Eleven: Think about a recent accomplishment. How does it make you feel knowing you accomplished your goal?	Day Twelve: Choose a song, book, or movie that has made an impression on you. How has it impacted you?
Day Thirteen: Think of someone you work with who you are grateful for. How does that person support you and make your work day easier?	Day Fourteen: Write about someone in your life who has taught you a valuable lesson.	Day Fifteen: Think/write about a compliment you have received from someone that you are grateful for.	Day Sixteen: Write about what you love about the current season (winter, fall, summer, spring).	Day Seventeen: Think/write about a childhood tradition in your life that you are grateful for (game night, holidays, sunday night dinners with the family).	Day Eighteen: Think about someone in your life that you haven't talked to in a while. Write about the positive impact they had on your life.
Day Nineteen: Think/write about a gift you have received from someone that you are thankful for.	Day Twenty: Think/write about a time when someone has helped you with something.	Day Twenty-One: Think about something that has happened in your life that at the time you perceived as negative. How did this event help you in the long run?	Day Twenty-Two: Make a list of three physical traits about yourself that you are grateful for.	Day Twenty-Three: Think/write about an upcoming event in your life that you are excited about	Day Twenty-Four: Think about your home and all of its comforts. Think about how these things make your day to day life easier/better.
Day Twenty-Five: Think about your favorite place, why you love it, and how it makes you feel.	Day Twenty-Six: Think of a skill you have learned how to do (photography, painting, etc.) and the positive impact it has had on your life.	Day Twenty-Seven: Think/write about a family trip that you took and the memories you made.	Day Twenty-Eight: Think about the everyday conveniences in your life (electricity, internet, transportation) and how they improve your life.	Day Twenty-Nine: Think of a person who has passed that made a positive impact in your life. Reflect on your memories with that person and how they helped you.	Day Thirty: Review and reflect on all of the positive things you wrote about over the last 30 days.

