



### 30-Day Gratitude Challenge

*Thank you for participating in the 30-day gratitude challenge! It's only natural to reflect on the things we are thankful for as Thanksgiving nears. The practice of gratitude has many positive benefits. So this November, don't wait until Thanksgiving to consider all the things you have to be thankful for, start today!*

Nov 01: Consider something you look forward to this time of year, such as a favorite hot beverage or dish, and give thanks. \_\_\_\_\_  
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Nov 02: What is one of your longest standing friendships and what experience with that person are you most grateful for? \_\_\_\_\_  
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Nov 03: What is something you are grateful to have learned from someone much older than you?  
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Nov 04: Who is someone who was there for you when you needed it most and what are you thankful for about this time? Bonus challenge: Write them a letter about why you are grateful for them and give it to them.  
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Nov 05: What is something you are grateful to have learned from a child?

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Nov 06: Make it your mission to notice an everyday task a loved one in your life completes today and directly thank them for it. \_\_\_\_\_

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Nov 07: Take time to notice the sky today. Give thanks for the beauty your eyes are seeing and notice all the details of the colors, clouds, and position of the sun. \_\_\_\_\_

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Nov 08: Did you vote today? Give thanks for this constitutional right.

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Nov 09: Consider all the food that is grown from the earth and be thankful for the hands that care for and harvest it, and how you have access to it. \_\_\_\_\_

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Nov 10: As you drink water today, feel gratitude for its origins and longevity and the many places that water has travelled throughout history. \_\_\_\_\_

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Nov 11: Feel the ground beneath your feet when you are outside and give thanks for the space you are currently occupying and the support it is giving you.

Nov 12: Use the last few minutes of your day, when the lights are out and all is quiet, to practice gratitude for another day. \_\_\_\_\_

Nov 13: Think about how the oceans have a stopping point where the waves lap the shore and give thanks for these boundaries and boundaries you have put up in your own life that are serving you well.

Nov 14: We spend a lot of our time multi-tasking, attempting to be productive, and tick off that to-do list. Today, find a spot in nature to just be, quiet, contemplative, and thankful. \_\_\_\_\_

Nov 15: Pause and take several deep breaths, where the air travels all the way down to your stomach and fills you up. As you exhale, gratefully repeat the word peace. \_\_\_\_\_

Nov 16: What is one physical thing you are grateful your body can do? \_\_\_\_\_

Nov 17: Listen to a song that brings you peace and give thanks for the moments you took to hear it again.

Nov 18: Take time to notice your sense of smell. What is one smell you love and why are you thankful for it?

Nov 19: Sit in silence for 5 minutes and listen to what your body is telling your. What do you notice? Give thanks for the wisdom of your body when you get slow down and get quiet enough to listen. \_\_\_\_\_

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Nov 20: Give thanks for the grocery store and the incredible variety of food you have access to year round.

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Nov 21: Today when you are out, give thanks for the shoes on your feet and how they protect your feet.

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Nov 22: Tonight when you lay down to sleep, notice the comforts of your bed with gratitude. Think of a time when it was particularly comforting and what it felt like to crawl into after a long day. \_\_\_\_\_

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Nov 23: Think of your favorite meal and all the tastes that come with it. Give thanks for this and notice how your body may respond by salivating. \_\_\_\_\_

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Nov 24: Take a moment of silence before each meal today to practice gratitude for the food before you and the company around you. \_\_\_\_\_

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Nov 25: Consider the products you use to get ready for your day (shampoo, conditioner, soap, deodorant, makeup etc.) and give thanks for how they serve you each day. \_\_\_\_\_

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Nov 26: The next time you turn on the lights, give thanks for electricity and all that you can still do after the sun goes down. \_\_\_\_\_  
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Nov 27: Take the time to sit and be still in the midst of people moving about and hurrying on their way. Give thanks for a moment that you do not need to hurry and can just be right now. \_\_\_\_\_  
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Nov 28: Take a moment to practice gratitude for the shelter you have that provides a roof over your head.  
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Nov 29: If you have a pet, give thanks for the comfort their mere presence brings you. Or give thanks for a pleasant memory with an animal. \_\_\_\_\_  
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Nov 30: Take the time to go back and read the gratitude you have expressed throughout this challenge. How will you continue to pause for quiet, thankful moments in the midst of a busy season? Take the pledge to incorporate gratitude into your New Year's resolutions 2017. \_\_\_\_\_  
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*Thank you for participating in the 30-day gratitude challenge! It is my hope that you are noticing yourself looking for what's going good in life and that you are mindfully experiencing more of the positive! For more info on wellness tips and gratitude benefits, check out [my blog!](#)*

*Gratefully,  
Analisa*