

# 30-Day Gratitude Challenge

1

Look outside and name 3 things that amaze you.

2

Stop and smile at someone who may not expect it today.

3

Actively LISTEN to everyone today.

4

What skill do you have that you are thankful for?

5

Do 1 random act of kindness.

6

Read something positive & inspiring.

7

Do something kind for yourself.

8

Who do you learn the most from?

9

Call someone you haven't spoken to in a while.

10

Skip social media today and try something new instead.

11

Try to go through the whole day without complaining.

12

Offer to do something unexpected for a loved one.

13

Start your day by opening your door and breathing in the morning air.

14

Help someone in need today.

15

Look up - what do you see?

16

Recognize 3 things you often take for granted.

17

Take a photo of something that you are grateful for.

18

Who or what inspires you?

19

Write a card and mail it to someone.

20

Take a walk in nature and look for something amazing.

21

Appreciate all the work your body does for you each day.

22

Donate something (time, clothes, money, books, etc)

23

Watch the sunset.

24

What was the best part of your day today?

25

Thank a family member in a special way.

26

Sit still for 10 minutes and listen to the sounds around you.

27

Turn on your faucet and think about the gift of clean, running water.

28

Smile at people more than you look away.

29

What new thing did you learn about yourself this month?

30

How will you continue your gratitude practice?