



30 Day Gratitude Challenge

One moment of gratitude a day changes everything.

DAY 1 WRITE ABOUT SOMETHING THAT MADE YOU SMILE TODAY ☐	DAY 2 LIST 3 PEOPLE YOU'RE GRATEFUL FOR ☐	DAY 3 REFLECT ON A STRENGTH YOU HAVE ☐	DAY 4 DESCRIBE A COMFORTING MOMENT FROM THIS WEEK ☐	DAY 5 WRITE ABOUT A PLACE THAT FEELS SAFE TO YOU ☐
DAY 6 NAME ONE SMALL WIN YOU ACHIEVED RECENTLY ☐	DAY 7 APPRECIATE SOMETHING YOUR BODY DOES FOR YOU ☐	DAY 8 RECALL A HAPPY MEMORY AND WRITE WHY IT MATTERS ☐	DAY 9 NOTICE SOMETHING BEAUTIFUL AROUND YOU TODAY ☐	DAY 10 WRITE ABOUT SOMETHING YOU OFTEN TAKE FOR GRANTED ☐
DAY 11 LIST 5 SIMPLE PLEASURES YOU ENJOY ☐	DAY 12 REFLECT ON A LESSON A CHALLENGE TAUGHT YOU ☐	DAY 13 DESCRIBE A PERSON WHO INSPIRES YOU ☐	DAY 14 WRITE A THANK-YOU NOTE ☐	DAY 15 CELEBRATE SOMETHING YOU'RE PROUD OF ☐
DAY 16 LIST 3 WAYS YOU'VE GROWN IN THE PAST YEAR ☐	DAY 17 WRITE ABOUT A DAILY ROUTINE YOU APPRECIATE ☐	DAY 18 NAME SOMETHING THAT BRINGS YOU PEACE ☐	DAY 19 REFLECT ON A MOMENT OF KINDNESS YOU RECEIVED ☐	DAY 20 DESCRIBE 1 THING YOU LOVE ABOUT YOUR HOME ☐
DAY 21 WRITE ABOUT A GOAL YOU'RE GRATEFUL TO PURSUE ☐	DAY 22 LIST 3 THINGS THAT HELP YOU FEEL CALM ☐	DAY 23 APPRECIATE A FRIEND WHO SUPPORTS YOU ☐	DAY 24 REFLECT ON SOMETHING THAT MADE TODAY EASIER ☐	DAY 25 DESCRIBE A FAVORITE MEAL OR TREAT YOU ENJOYED ☐
DAY 26 WRITE ABOUT NATURE AND HOW IT HELPS YOU RESET ☐	DAY 27 LIST THREE OPPORTUNITIES YOU HAVE RIGHT NOW ☐	DAY 28 RECALL A RISK YOU TOOK AND WHAT IT GAVE YOU ☐	DAY 29 REFLECT ON HOW YOU'VE SHOWN RESILIENCE ☐	DAY 30 WRITE ABOUT ONE THING YOU'RE GRATEFUL FOR TODAY ☐

