

30 DAYS OF Gratitude Challenge

- ☐ A person I'm glad to have in my life
- ☐ Something I find comfort in
- ☐ My favorite part of the morning
- ☐ My favorite memory
- ☐ An accomplishment I'm proud of
- ☐ A hidden blessing in a difficult situation
- ☐ An opportunity I'm grateful for
- ☐ My favorite song (& why)
- ☐ A life lesson I have learned
- ☐ The biggest gift in my life right now
- ☐ A future event I'm excited about
- ☐ Some positive news I've gotten recently
- ☐ My favorite area in my home
- ☐ A memory that makes me smile
- ☐ Something beautiful I saw today
- ☐ My favorite part of the evening
- ☐ My guilty pleasure
- ☐ One good thing that happened today
- ☐ How I show gratitude for my friends
- ☐ Something I love about a family member
- ☐ Something positive about my body
- ☐ A challenge I'm grateful for
- ☐ A compliment that made me feel good
- ☐ The best gift I've ever received
- ☐ The item I treasure most
- ☐ The people who mean the most to me
- ☐ My favorite part about nature
- ☐ Something that made me laugh today
- ☐ A book that I loved reading
- ☐ A freedom I am grateful for