

30 Day Gratitude Challenge

Taking time each day to think about what you're grateful for, great to dip into when you feel 'meh'.

DAY 1 ☐ Something small that made today better	DAY 2 ☐ A person you're thankful for and why	DAY 3 ☐ A skill or ability you're grateful to have	DAY 4 ☐ A place that makes you feel good	DAY 5 ☐ Something your body let you do today
DAY 6 ☐ A meal you enjoyed	DAY 7 ☐ A piece of technology that helps you daily	DAY 8 ☐ A memory that still makes you smile	DAY 9 ☐ Someone who helped you this week	DAY 10 ☐ A book, song or film you're glad exists
DAY 11 ☐ A comfort of home you take for granted	DAY 12 ☐ Something in nature you noticed today	DAY 13 ☐ A challenge you got through	DAY 14 ☐ A friend you can be fully yourself with	DAY 15 ☐ Your morning coffee/tea ritual
DAY 16 ☐ Something that made you laugh today	DAY 17 ☐ A lesson you're grateful you learned	DAY 18 ☐ A piece of good news, big or small	DAY 19 ☐ Your health, in one specific way	DAY 20 ☐ A tradition or routine you love
DAY 21 ☐ Someone who believed in you	DAY 22 ☐ A small win from this week	DAY 23 ☐ A view or piece of scenery near you	DAY 24 ☐ Something you're looking forward to	DAY 25 ☐ A kindness a stranger showed you
DAY 26 ☐ A family member and one thing they've taught you	DAY 27 ☐ Your own resilience	DAY 28 ☐ A simple pleasure (a hot shower, clean sheets, etc.)	DAY 29 ☐ How far you've come this month	DAY 30 ☐ Three things from this challenge you want to keep doing

Started on: _____ Tick off each day as you go . more free challenges at arloriverrex.com/30-day-challenges