

30 Days of
Gratitude

1 Start a gratitude journal

2 Be thankful for creation by going for a walk

3 Use kind words (give up swearing)

4 Do something kind for a friend or coworker

5 Learn something new today!

6 Celebrate family with dinner or game night

7 Wake up 10 minutes earlier to meditate

8 Call an old friend or send an email

9 Make a point to give 3 compliments

10 Reflect on one thing you're thankful for that money can't buy

11 Say hello to your neighbor

12 Try a new craft, project, or hobby

13 Find an inspirational quote that motivates you

14 Reflect on the mistakes of your past (learn)

15 Help someone with your time or a donation

16 List 3 people you are thankful for

17 Say aloud three good things that happened

18 Thank yourself for the healthy habits you've created in your own life

19 Write down a healthy goal for 2020

20 Break away from technology for 24 hours

21 Go a day without complaining

22 Mail a hand-written note to someone

23 Do a random act of kindness

24 Indulge in your favorite food

25 Listen to your favorite song!

26 What trait are you thankful for? Love yourself!

27 What's the biggest challenge you've overcome? Celebrate it!

28 What tradition are you thankful for?

29 Make an effort to smile today...it can be contagious!

30 Create a 'glass half full' attitude for next month & beyond