30 Day Gratitude Challenge



Write one thing you are grateful for in each ray of sunshi ne.

Gratitude is the gateway to a positive life.

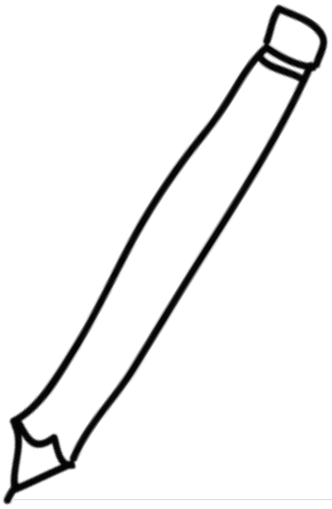
A.D. Posey

Day 1 –List some people you are grateful for.
Write what you appreciate about each person.



I am Grateful For

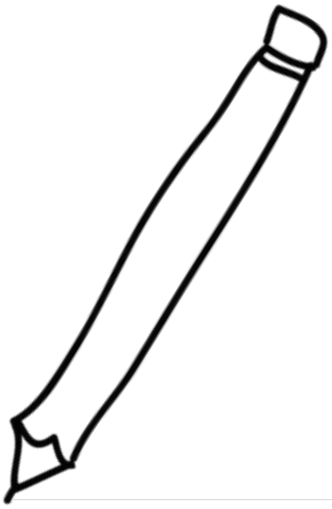
Day 2 –What are you good at doing?



Gratitude unlocks the fullness of life.

Melody Beattie

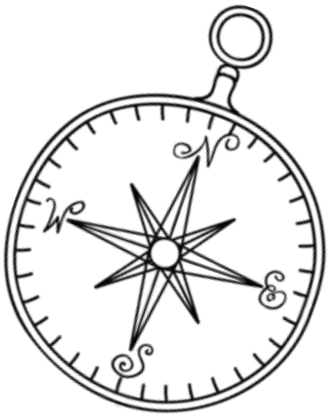
Day 3 –In what way is your life better today than it was a year ago or ten years ago?



places

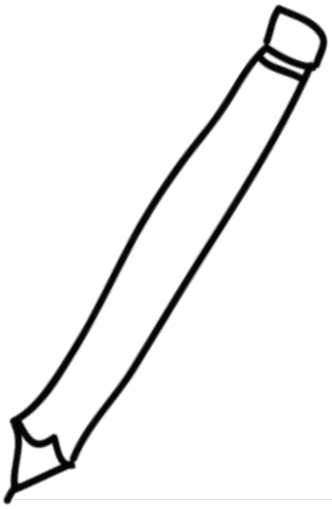
I enjoyed visiting

1. _____
2. _____
3. _____
4. _____
5. _____



Day 4 –List some places you enjoyed visiting. Write what you liked about each place.

Day 5 –Write about one or more of your accomplishments not matter how small.

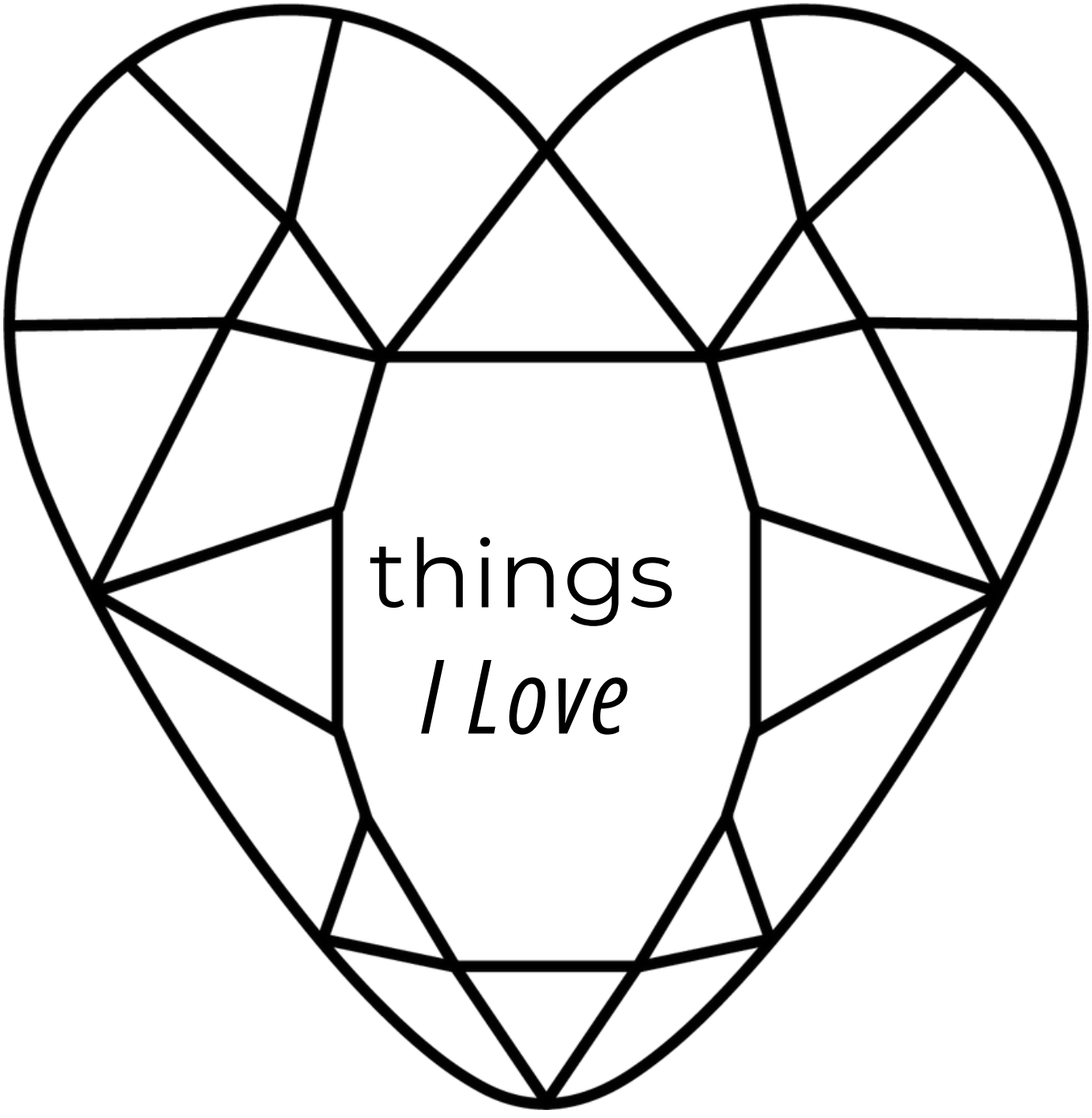


A grateful



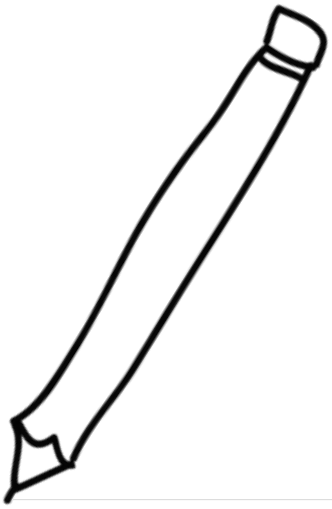
is a magnet

for miracles



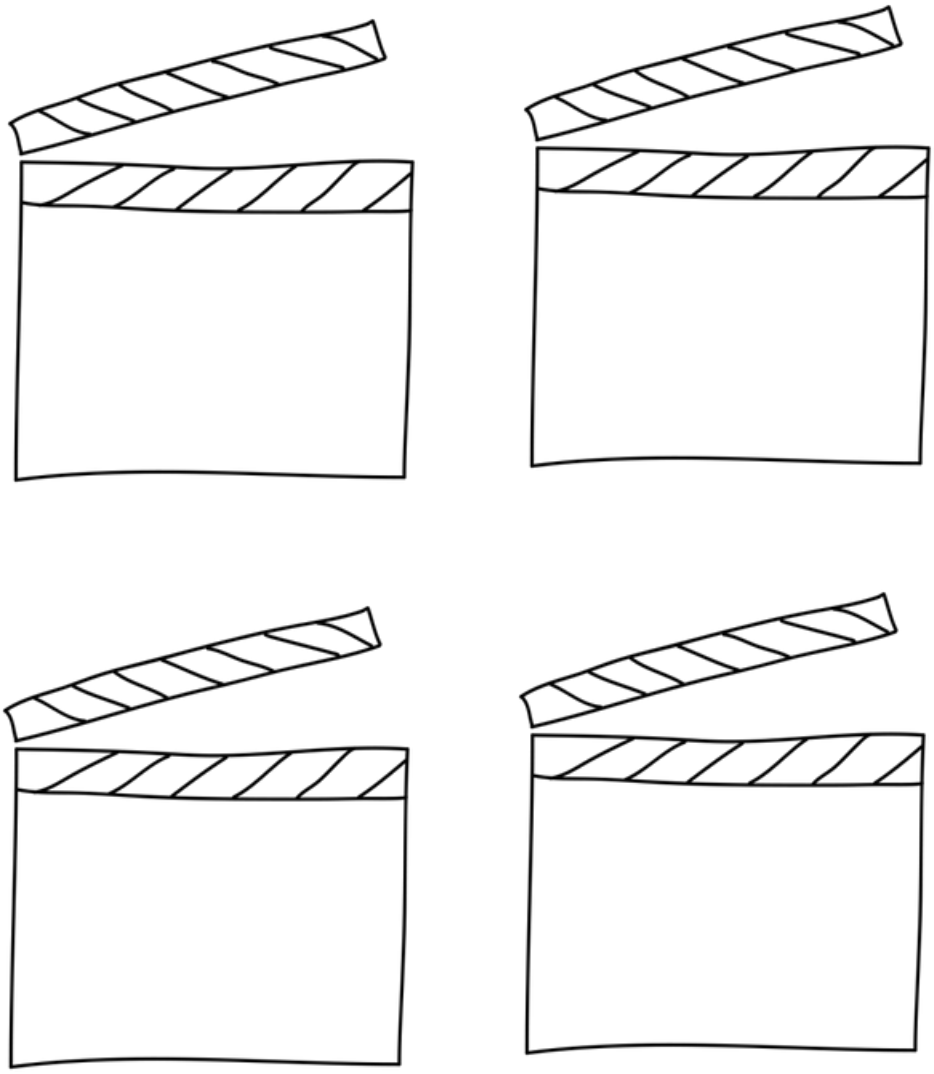
Day 6 –List things you love or things you appreciate or enjoy using.

Day 7 –What makes you special?



Movies

I enjoyed watching

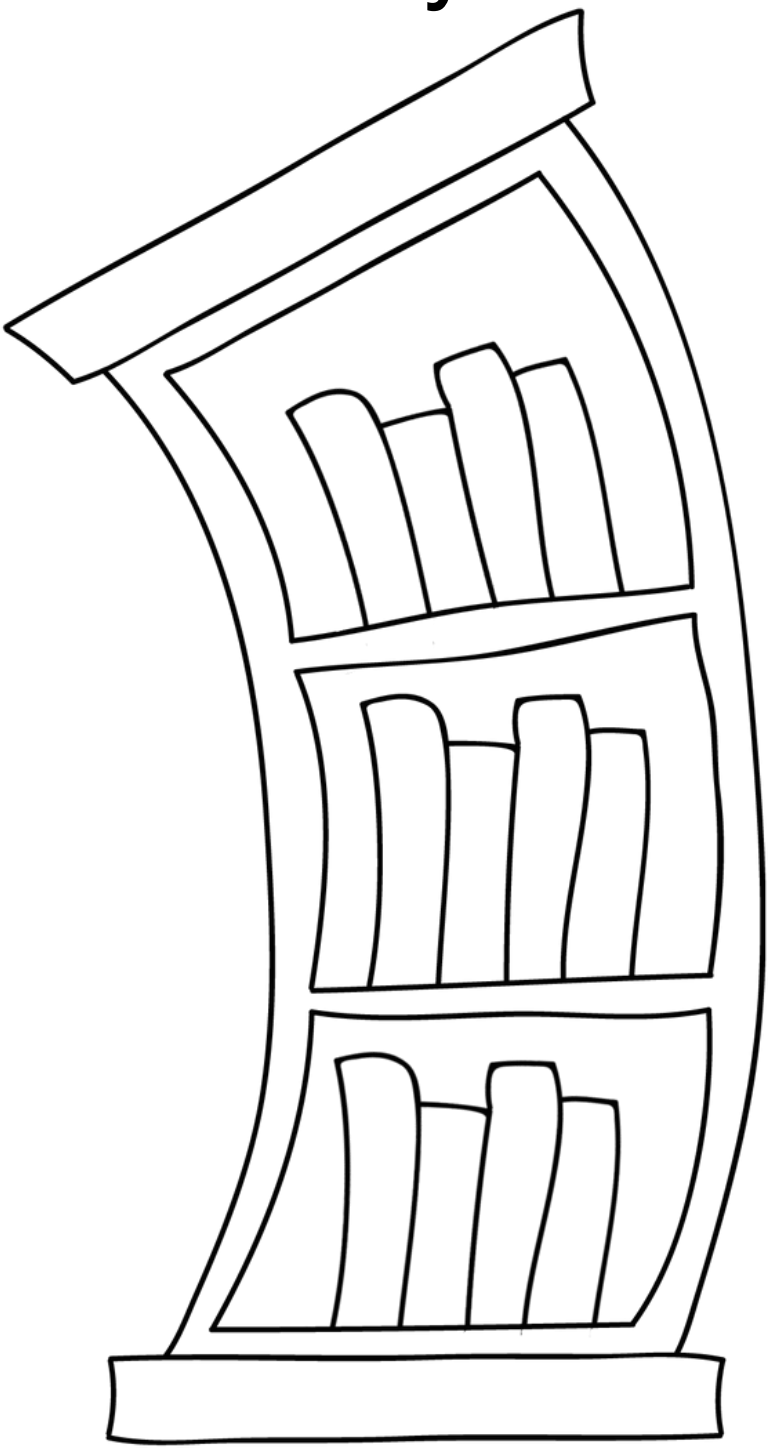


Day 8 –List the movies you enjoyed watching.

We can only be
said to be alive
in those
moments, where
our hearts are
conscious of our
treasures.

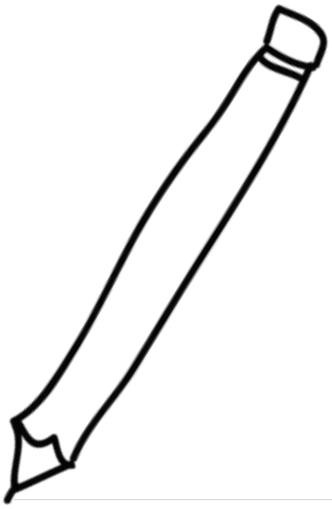
Thornton Wilder

Books
I am Grateful For



Day 9 –List the books you enjoyed reading.

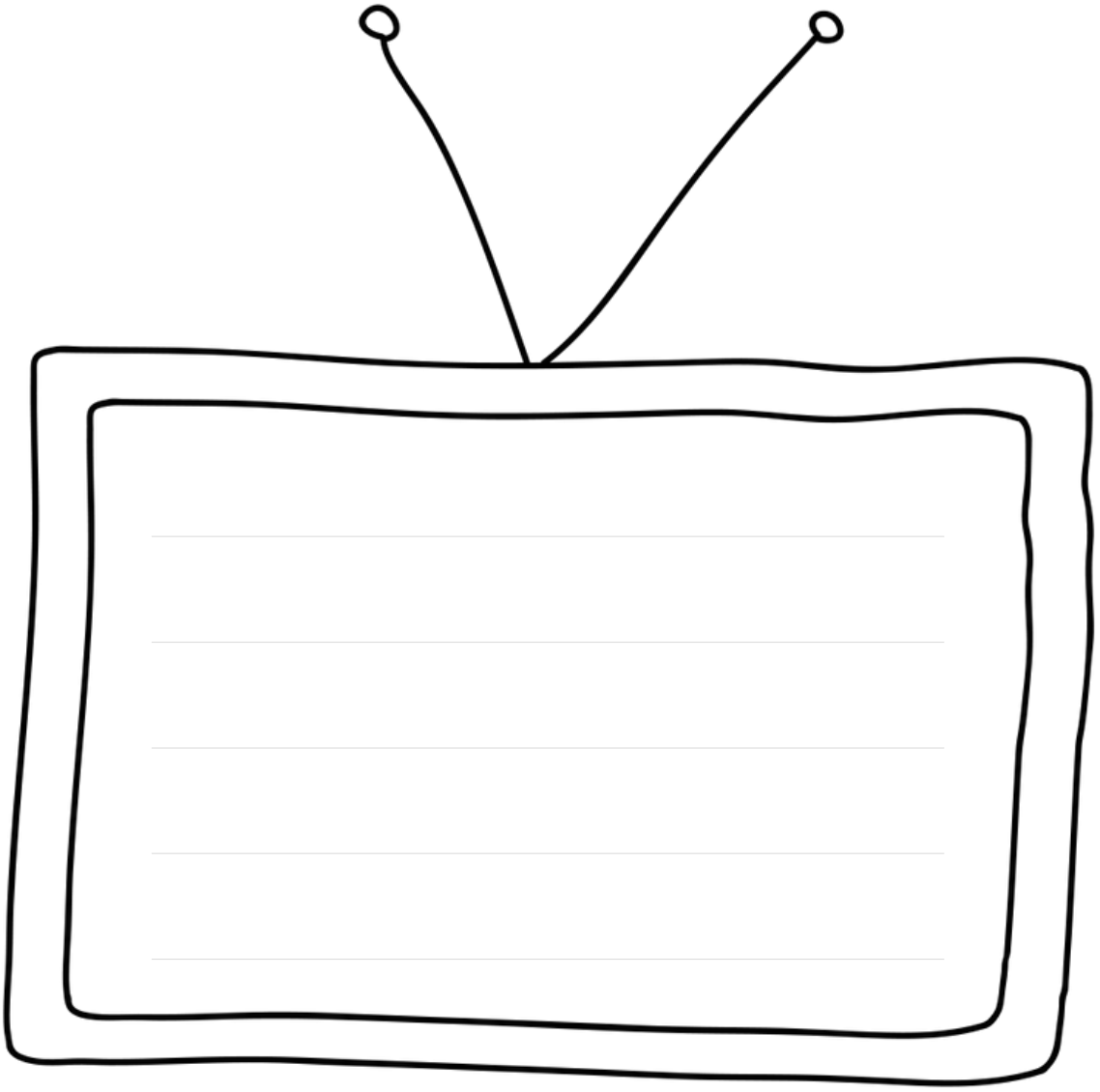
Day 10 –What do you enjoy doing after workor as you get home?



Gratitude
helps us to see what
is there
instead of what
isn't

Tv shows

I enjoy watching

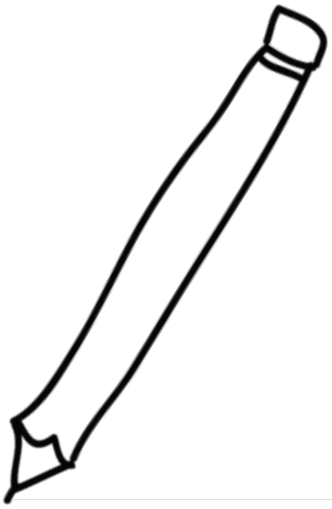


Day 11 –List the TV shows you enjoyed watching.

When you are *grateful* fear disappears and *abundance* appears.

Tony Robbins

Day 12 –Write about a nice thing somebody said to youor did for you.

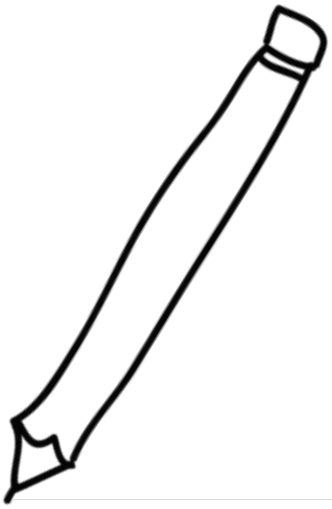


Be
in love

with your life.
Every detail of it.

Jack Kerouac

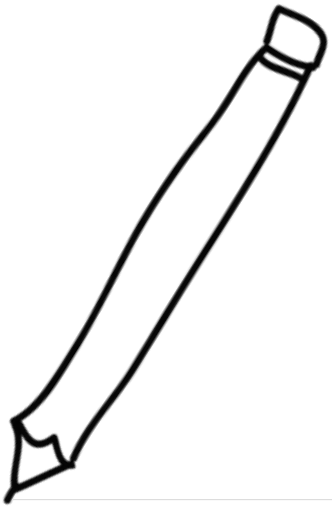
Day 13 –Describe a difficulty that you have overcome.

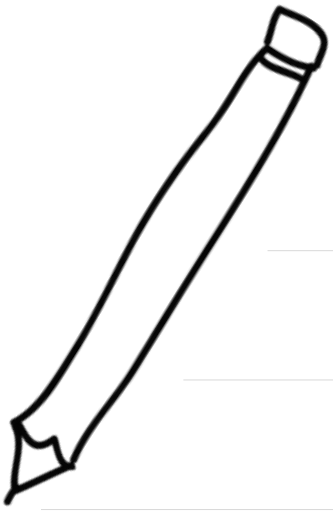


Start each day
with a
positive thought
and a
grateful heart.

Roy T. Bennett

Day 14 –What do you love about your homeand/or country.





The activities that make me happy:

I will try to do them more often by



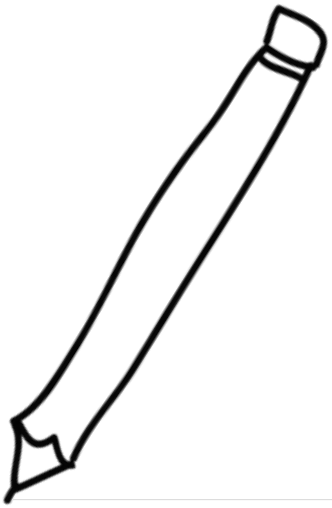
There is

always

something to be

thankful for

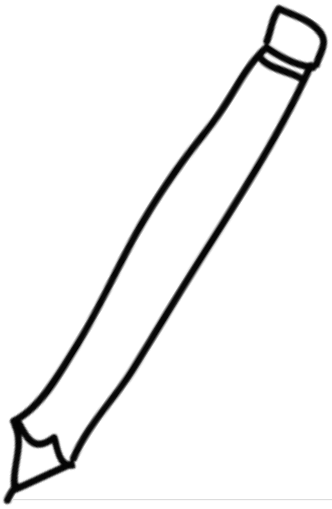
Day 16 –What is your favorite food?



“To me, beauty is about being comfortable in your own skin. It’s about knowing and accepting who you are.”

Ellen Degeneres

Day 17 –Who do you enjoy spending time with?





It is not joy that makes us

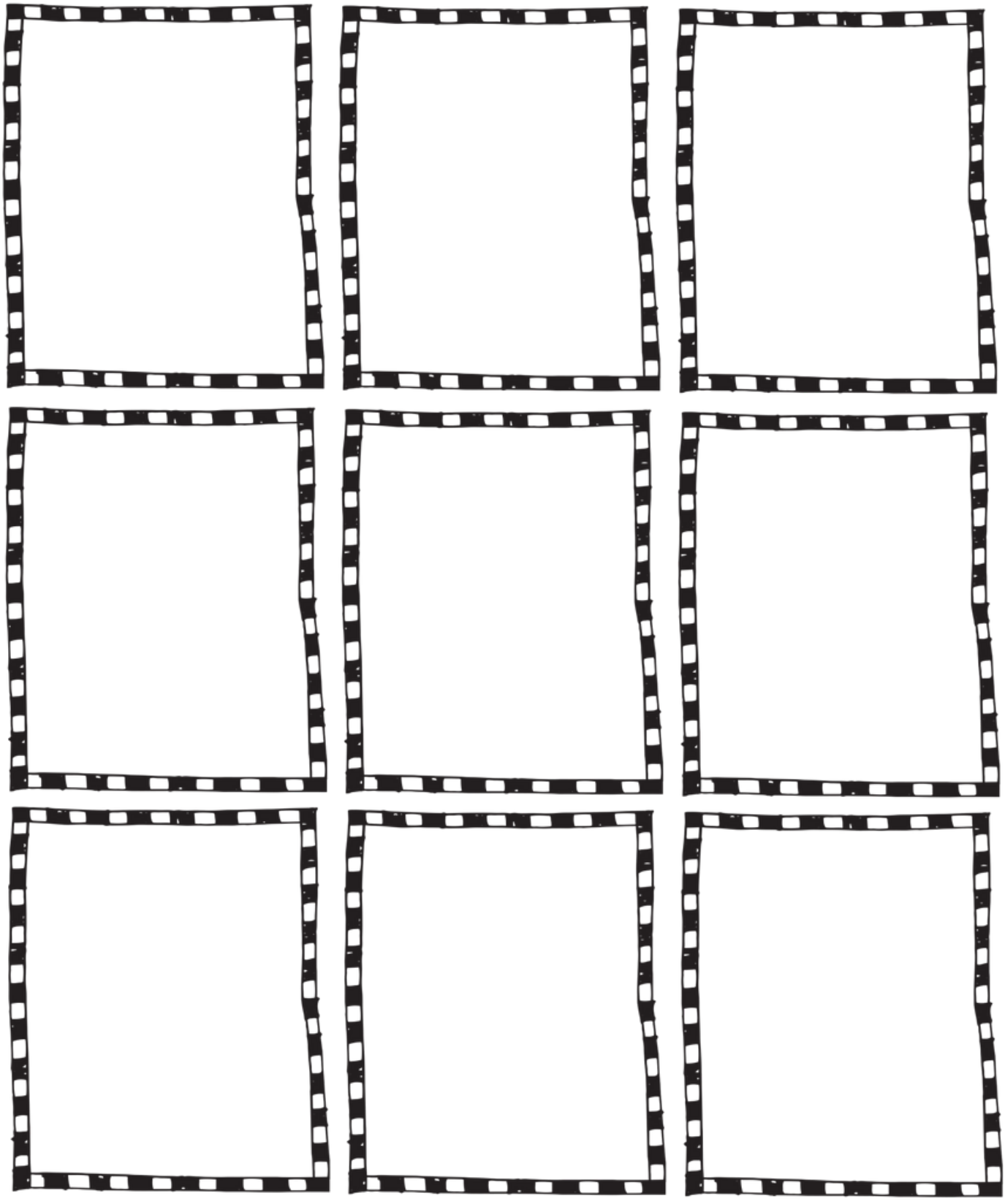
grateful

It is gratitude that makes us

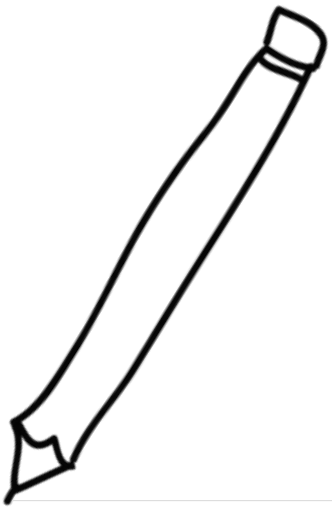
joyful

Day 18

Things I love about my life



Day 19 –Do you have a family tradition that you enjoy?

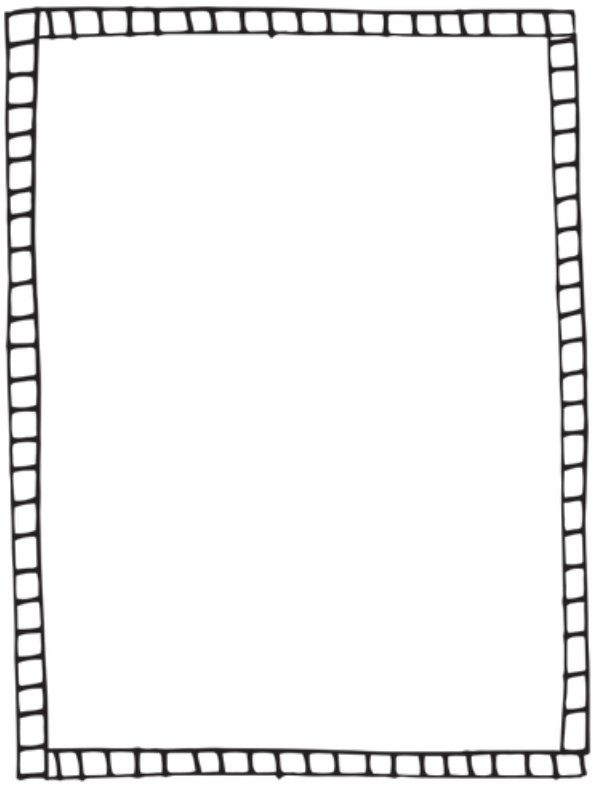


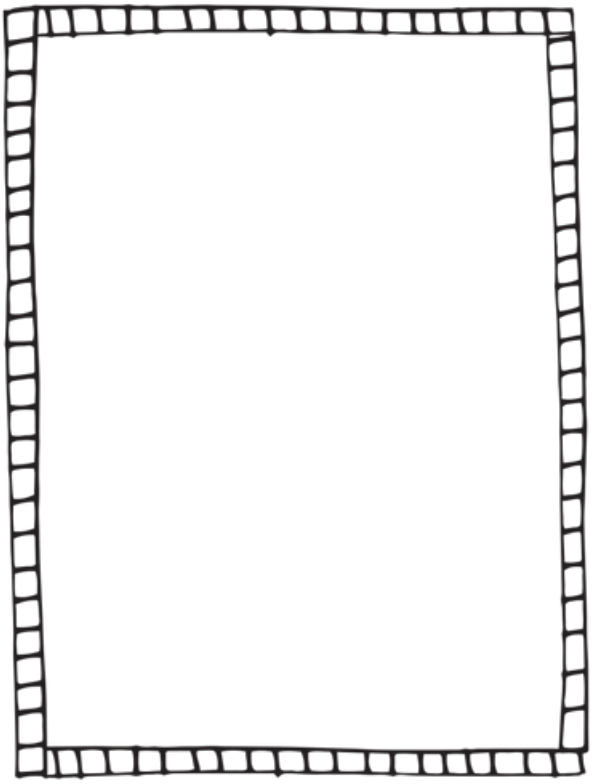
Gratitude
turns
what we have
into
enough

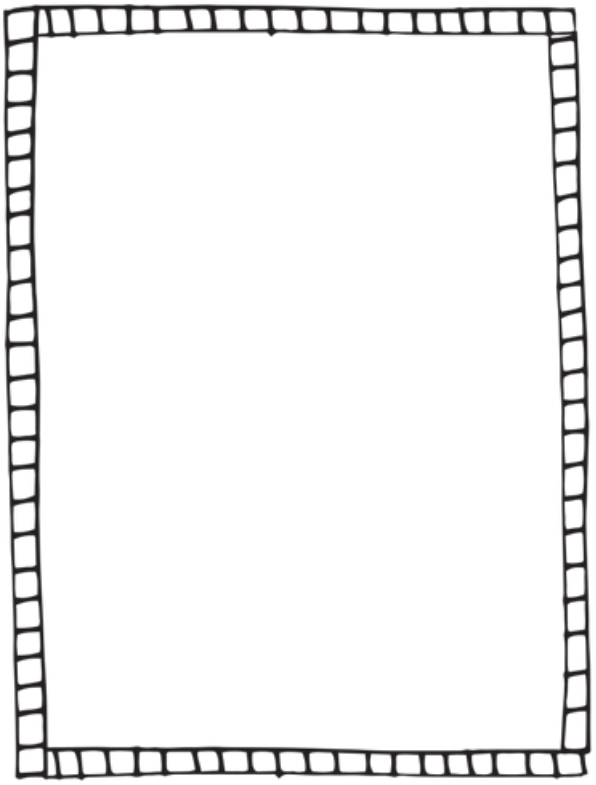
Aesop

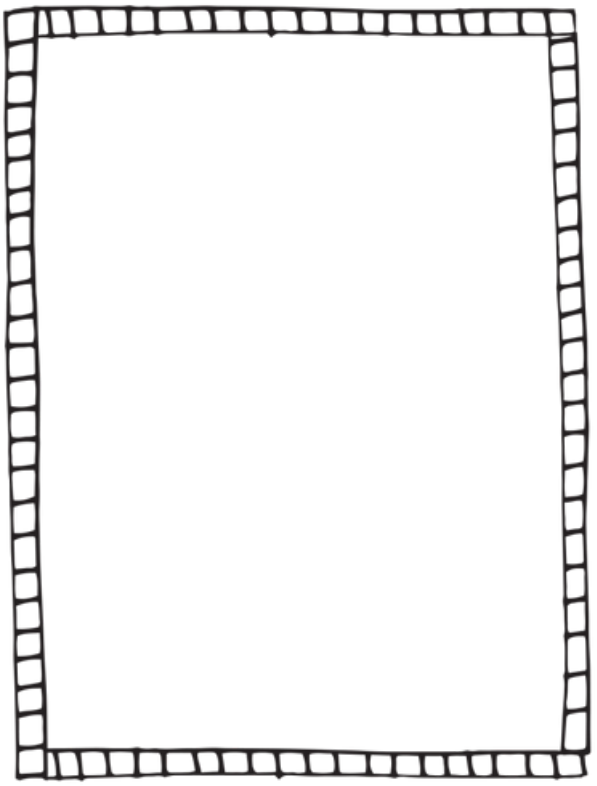
Day 20

Things I appreciate about family or friends









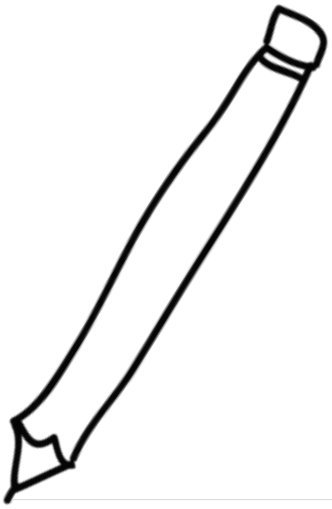
Inhale

love

Exhale

gratitude

Day 21 –What relaxes you?

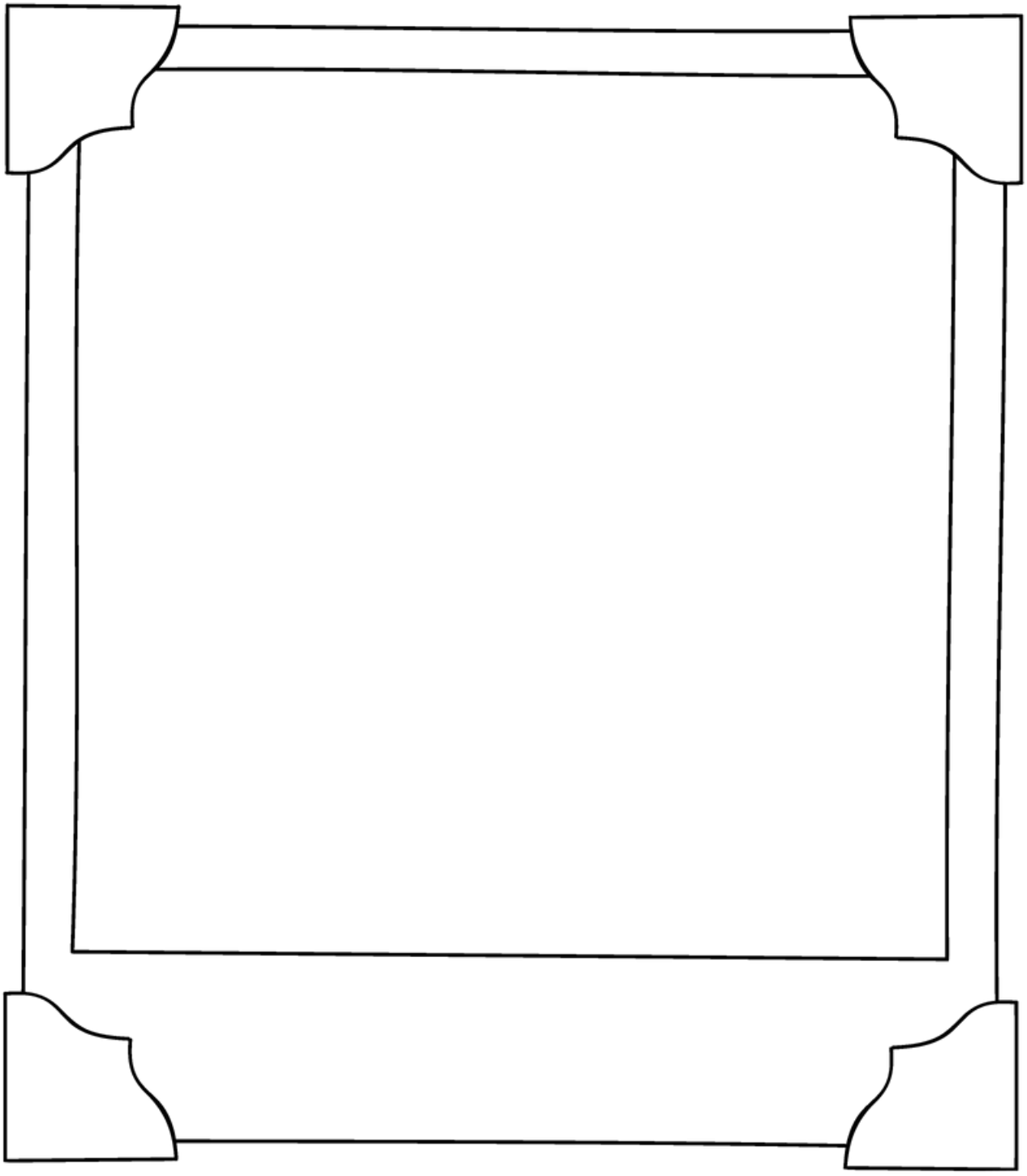


Gratitude

is the best

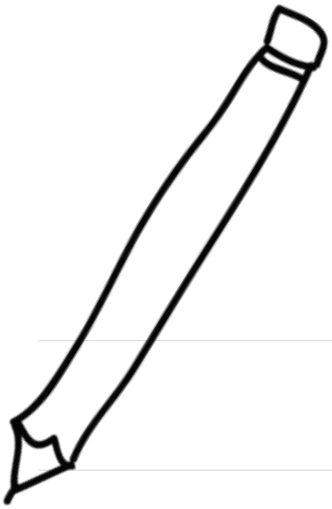
Attitude

Day 22



A special memory

Day 23 –List the things that that make your life better(don't take anything for granted and include things such as running water, hot water, electricity, etc.).



Gratitude is

riches

Complaint is

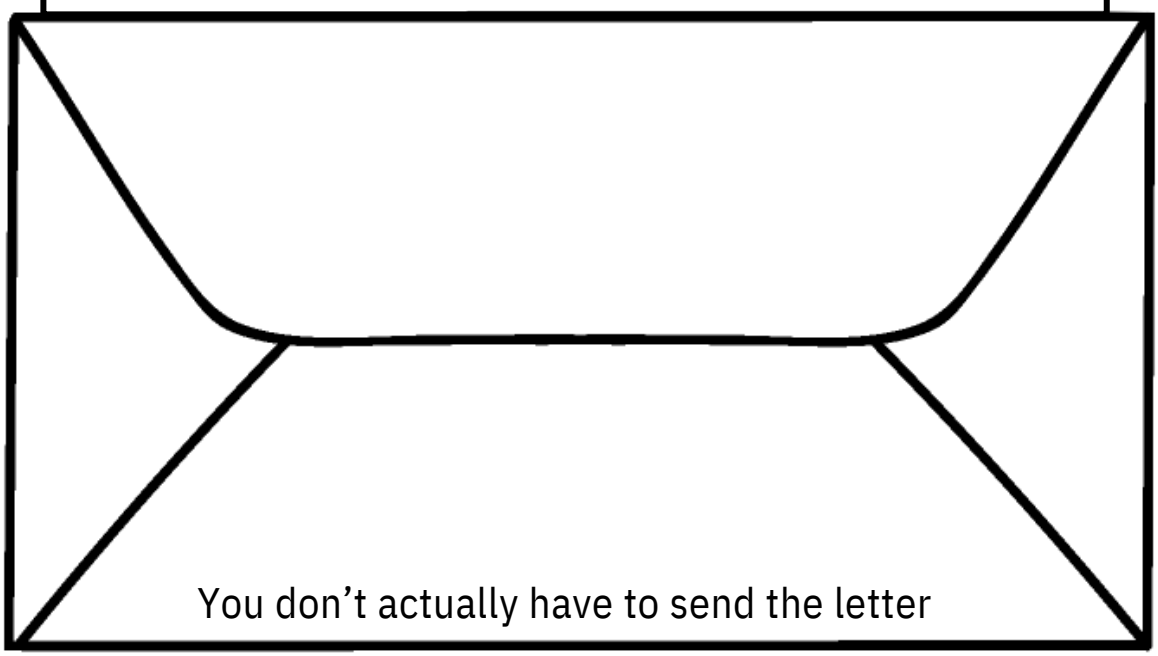
poverty

Doris Day

Day 24

Thank You

Dear



You don’t actually have to send the letter

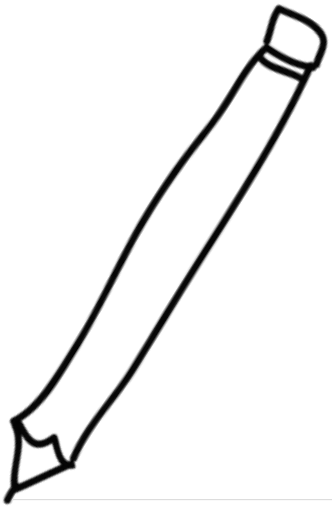
It is not happy people who are

thankful

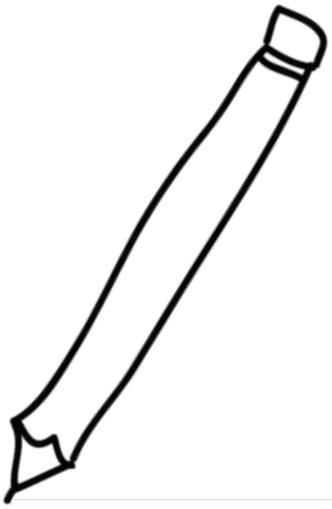
It is thankful people who are

happy

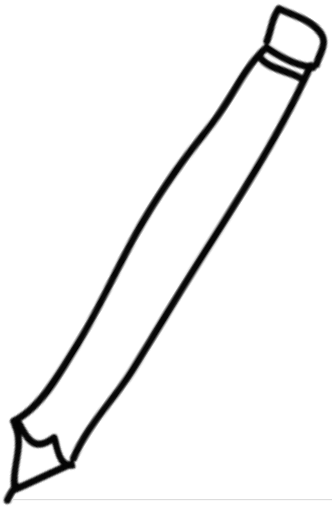
Day 25 –Describe one good thing that happened to you in the last month.



Day 26 –Describe one of your best days.



Day 27 –Describe your last vacation



Day 28

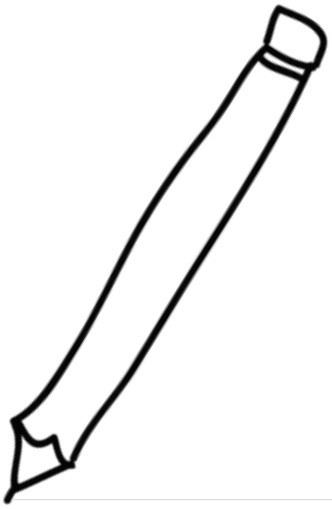
Music *I Enjoy*



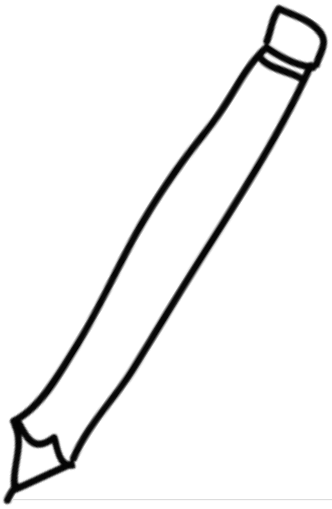


This is a good opportunity to make an uplifting playlist.

Day 29 –Describe one of your best days.



Day 30 –What made you laugh?





For Life

Not everyone

made it this far