

30 Day Gratitude Challenge

- 1 a gift you recieved
- 2 new food you tasted
- 3 a friend
- 4 book or podcast
- 5 goal you accomplished
- 6 gift you gave
- 7 best part of your body
- 8 piece of advice
- 9 a new skill
- 10 what made you laugh
- 11 trip or adventure
- 12 piece of technology
- 13 something beautiful
- 14 mode of transportation
- 15 children
- 16 item you use everyday
- 17 someone you helped
- 18 sports team
- 19 your wealth
- 20 spouse or partner
- 21 movie
- 22 job
- 23 challenge you overcame
- 24 favorite memory
- 25 family member
- 26 where you live
- 27 charity you gave to
- 28 lesson learned
- 29 your personality
- 30 nature

"What if, today, we were grateful for everything?" Charlie Brown

