



30 Days of Gratitude

CHALLENGE

Day 1

Write down three things that you are thankful for.

Day 2

Express gratitude to at least one important person in your life.

Day 3

Spend one full day looking for the silver linings.

Day 4

Meditate for 10 minutes.

Day 5

Make an effort to smile more throughout the day.

Day 6

Engage in a random act of kindness.

Day 7

Spend 30 minutes practicing self-care.

Day 8

Send flowers to someone you care about.

Day 9

Write thank-you notes to five people in your life.

Day 10

Go outside and appreciate the beauty of nature.

Day 11

Do something nice for a co-worker.

Day 12

Recognize today as a gift.

Day 13

List three things that you like about your job.

Day 14

Spend the day being an optimist.

Day 15

Write down five things that you like about yourself.

Day 16

Recognize three things that you usually take for granted.

Day 17

Write about your favorite part of the workday.

Day 18

Think of what you're grateful for before going to bed.

Day 19

Sign up to volunteer for a day in your community.

Day 20

Catch a co-worker doing a good job and thank them for it.

Day 21

Think of a way that someone helped you today.

Day 22

Write down three things that you appreciate about your boss.

Day 23

Notice positive traits about your colleagues.

Day 24

Spend time with loved ones.

Day 25

Think of something great that has happened to you in the last year.

Day 26

Write a thank-you note to a colleague.

Day 27

Refrain from gossip or speaking negatively about others.

Day 28

Compliment a stranger.

Day 29

Express your thankfulness for overcoming life's hardships.

Day 30

Start a gratitude journal.