



# 30 Days of Gratitude Challenge

## Day 1

Meditate for 10 Minutes

## Day 2

Make an effort to smile more throughout the day

## Day 3

Send a photo of flowers to someone you care about

## Day 4

Start a gratitude journal

## Day 5

Express gratitude to at least one person today

## Day 6

Go one full day without complaining

## Day 7

Call a loved one

## Day 8

Write down 3 things you are thankful for

## Day 9

Think of a way someone helped you today

## Day 10

Spend 30 minutes practicing self-care

## Day 11

Engage in a random act of kindness

## Day 12

Spend the day being an optimist

## Day 13

Go outside and appreciate nature's beauty around your home

## Day 14

Write about your favorite part of the day

## Day 15

Think of what you are grateful for before going to bed

## Day 16

Compliment a stranger

## Day 17

Show gratitude to a first responder

## Day 18

Write down 5 things that you like about yourself

## Day 19

Wish someone Happy Birthday

## Day 20

Send a photo to someone you care about

## Day 21

Thank an essential worker today

## Day 22

Recognize 3 things that you usually take for granted

## Day 23

Write thank-you notes to 5 people in your life

## Day 24

Tell someone that you love them

## Day 25

Call an elderly person just to say "Hi"

## Day 26

Think of something great that has happened to you this year

## Day 27

List 3 things that you like about your job

## Day 28

Do something nice for a neighbor

## Day 29

Make someone smile today

## Day 30

Recognize today as a gift