



30 DAYS OF *gratitude*

1. Favorite part of the morning
2. Person I'm glad to have in my life
3. Compliment that made me smile
4. Food that's always satisfying
5. Favorite trip/travel & why
6. Something that brings hope
7. Skill I'm glad to have
8. Name someone I admire
9. An item I use everyday
10. Holiday you love & why
11. Memory that makes me happy
12. Challenge grateful to experienced
13. Childhood memory I cherish
14. Opportunity I'm grateful for
15. Something beautiful I saw today
16. Favorite part of the evening
17. Last thing that made me laugh
18. Music I love
19. Something in/about nature
20. Hobbies I enjoy
21. Book I love
22. Something I appreciate about home
23. How do I help others
24. A moment this week
25. Item I treasure most
26. The biggest gift in my life right now
27. Replace a complaint with a blessing
28. Five reasons I love myself
29. A goal I achieved
30. An animal I love