



30-DAYS OF GRATITUDE

Write about a person in your life who you are grateful	List 3 things that you are grateful for today	Reflect on a recent accomplishment you're proud of	List three things you enjoy	List a challenge and what you learned from it
Reflect on a kind gesture someone did for you recently	List five things you love about where you live	Write about a skill you possess that you are thankful for	Describe a meal that you recently enjoyed	Write about a piece of advice that has positively impacted your life
Think about a modern convenience you're grateful for	List three qualities you appreciate in a close friend	Reflect on a time when you felt truly at peace	Write about your favorite season and why you love it	List 3 things that you are grateful for today
Write about a moment when you felt supported	List three things you like about yourself	List 3 things that you are grateful for today	Write about something beautiful you saw in nature	Write about a song that uplifts you
Think about a time when you felt proud of someone else	Write about an act of kindness you witnessed recently	Think about a time when you helped someone and how it made you feel	List 3 things that you are grateful for today	List three things you enjoy
List 3 things you are grateful for in your life	List a challenge and what you learned from it	Write about a person in your life who you are grateful	Write about how you have changed by doing this 30-days of gratitude	List 3 things that you are grateful for today

When oneself does not exist there is a grateful mind in all things. It is a positive and accepting mind.