

# 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

Go one full day without complaining.

## Day 4

Meditate for 3 minutes.

## Day 5

Make an effort to smile more throughout the day.

## Day 6

Engage in a random act of kindness.

## Day 7

Spend 15 minutes practicing self-care.

## Day 8

Call someone you are thinking about today

## 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 down your favorite part of the workday.

## Day 18

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

## Day 19

Be present throughout the day

## 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

Try to make someone laugh or smile

## Day 27

Refrain from gossip or speaking negatively about others.

## Day 28

Compliment a stranger.

## Day 29

Express your thankfulness for life's hardships.

## Day 30

Start a gratitude *journal*.