

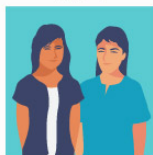


YOUR 30-DAY GRATITUDE CHALLENGE



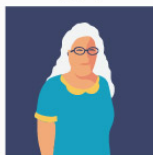
Each day for 30 days, use these prompts to guide entries in a gratitude journal. Alternatively, you can think of each grateful thought to yourself or share it with others.

DAY 1



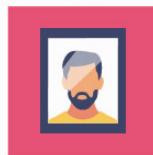
A friendship

DAY 2



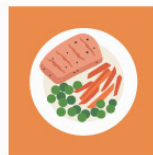
A family member

DAY 3



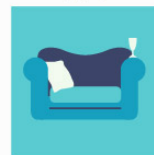
Yourself

DAY 4



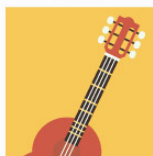
A food or meal

DAY 5



Something that makes you feel comfortable

DAY 6



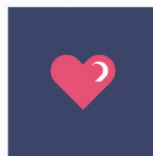
A talent you have

DAY 7



Your home

DAY 8



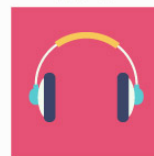
Your health

DAY 9



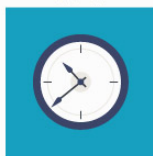
A hobby

DAY 10



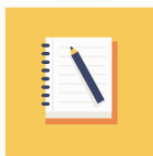
Music

DAY 11



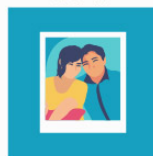
Your past

DAY 12



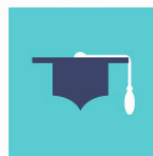
Something you use every day

DAY 13



A memory

DAY 14



Your education

DAY 15



The weather

DAY 16



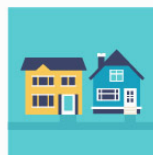
An accomplishment

DAY 17



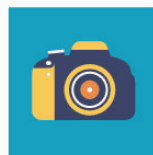
Your job

DAY 18



Your neighborhood

DAY 19



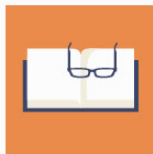
A favorite possession

DAY 20



Your heritage

DAY 21



A lesson you learned

DAY 22



A scent

DAY 23



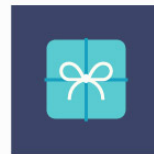
An event

DAY 24



A mentor

DAY 25



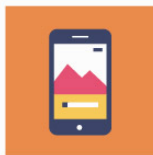
A gift

DAY 26



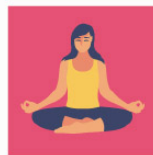
An adventure

DAY 27



Technology

DAY 28



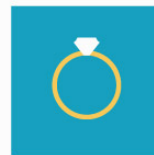
Something spiritual

DAY 29



A family moment

DAY 30



A luxury