



# 30 Days of Gratitude



1

Start a gratitude journal.

2

Thank 3 people for something they did.

3

End the day sharing one positive thing.

4

Do something nice for someone in your family.

5

Take a treat to a friend or neighbor.

6

Jot down 5 things you are thankful that happened in your life.

7

Start a Gratitude Pumpkin.

8

Call a family member you are thankful for.

9

Pay a compliment to a stranger.

10

Fill a box for Operation Christmas Child..

11

Reflect on your strengths and abilities.

12

Do something nice for a neighbor.

13

Give thanks for your food, shelter and clothing.

14

Tell the boss of a store employee he/she did a good job.

15

Give an extra big tip at your salon, restaurant, etc.

16

Write down things you love about your home.

17

Send cards to the Troops.

18

Help someone with a chore.

19

Call a friend you are thankful for.

20

Pay for the coffee for the person behind you in line.

21

Give thanks for what you love about where you live..

22

Read a book about Gratitude.

23

Take a walk in nature and reflect on its beauty.

24

Give a positive review about a local restaurant/store

25

Buy coffee for a teacher or caregiver.

26

Jot down what you are grateful for this year.

27

Look for a way to serve those in need as a family.

28

Learn about how to write a good thank you note.

29

Set up a family appreciation jar.

30

Leave treats for your delivery crew