

30 Days of Gratitude

www.bstrongtogether.org

- 1 Write down 5 things you are grateful for.
- 2 Find a way to express your appreciation for someone in your life.
- 3 Create a family gratitude poster, adding things you are grateful for throughout the month.
- 4 Take a photo of something you are grateful for and share it on social media.
- 5 Write down a way that you have helped someone else recently and how it made you feel.
- 6 Take a walk and think about what you are grateful for outside or in nature.
- 7 Write down a challenge that you have overcome and who or what helped you.
- 8 Express your appreciation for a kindness that you have received.
- 9 Write a thank you note to a friend or family member.
- 10 Find a video about gratitude that you like and share it with others.
- 11 Write down something unique about yourself.
- 12 Write down a song that you love and why.
- 13 Share positivity today! Leave each family member or a friend a positive or encouraging Post-It note.
- 14 Write down something that made you smile today.
- 15 Tell someone that you love them. Better yet, find a way to show them!
- 16 Find 3 quotes about gratitude and put them where you will see them often.
- 17 Write down a favorite memory and why.
- 18 Identify someone in your life who is an everyday or unsung hero. Reach out and tell them why.
- 19 Write down something you are looking forward to and why.
- 20 Do something kind for someone else today.
- 21 Write down 5 things you like about yourself.
- 22 Write down 3 times in your life when a difficult experience had a silver lining.
- 23 Tell someone about what practicing gratitude means to you.
- 24 Write down something you love in your home and why.
- 25 Compliment someone today.
- 26 Sit quietly for 3 minutes, focusing on your breath. Think about the things in your life you are grateful for.
- 27 Write down a memory you are grateful for.
- 28 Express your gratitude for the good things in your life with an act of service.
- 29 Take a few minutes to call someone you appreciate having in your life.
- 30 Reflect on how your focus on gratitude for the past 30 days has changed your mood, perspective, or behavior.

It is not joy that makes us grateful. It is gratitude that makes us joyful.

- David Steindl-Rast

