

# 30-Day Gratitude CHALLENGE

There is always something to be grateful for, we just have to keep our eyes and hearts open to it. When starting a gratitude practice, it can be helpful to begin small and seek out one thing each day. For the next 30 days, use our 30-Day Gratitude Challenge to help you start.

1. A song that makes you smile.	2. Your favorite food.	3. A holiday you love.
4. Something in the room you're in.	5. An item you use every day.	6. A movie that's comforting.
7. Something you're looking forward to.	8. A beautiful sound.	9. One luxury you're thankful for.
10. Something that made you smile today.	11. A happy memory.	12. Your proudest accomplishment.



13. A life lesson.	14. One thing you love about your body.	15. Something you're currently passionate about.
16. A cherished friend.	17. A beloved book.	18. Your favorite time of day.
19. Someone who inspires you.	20. Something you love about work.	21. A favorite place to visit.
22. An everyday item that brings you joy.	23. Someone in your family.	24. A favorite scent.
25. Something that always makes you laugh.	26. A compliment that's stayed with you.	27. One good thing that happened today.
28. Your favorite thing about nature.	29. A secret delight.	30. Something that brings you hope.