



30 DAYS OF GRATITUDE CHALLENGE

1	What smell are you grateful for today?	16	What about your body are you grateful for?
2	What technology are you grateful for?	17	What knowledge are you grateful for?
3	What color are you grateful for?	18	What piece of art are you grateful for?
4	What food are you most grateful for?	19	What touch are you grateful for today?
5	What sound are you grateful for today?	20	Who in your life are you grateful for?
6	What in nature are you grateful for?	21	What song are you most grateful for?
7	What memory are you grateful for?	22	What story are you most grateful for?
8	What book are you most grateful for?	23	What tradition are you grateful for?
9	What place are you most grateful for?	24	What challenge are you grateful for?
10	What taste are you grateful for today?	25	What moment this week are you most grateful for?
11	What holiday are you grateful for?	26	What form of expression are you most grateful for?
12	What texture are you grateful for?	27	What small thing that you use daily are you most grateful for?
13	What abilities are you grateful for?	28	What small thing that happened today are you grateful for?
14	What sight are you grateful for today?	29	What friend/family member are you grateful for today?
15	What season are you grateful for?	30	What talent or skill do you have that you are grateful for?