

GRATITUDE CHALLENGE

#1 Send a card to someone	#2 Do a random act of kindness	#3 Thank your mom/woman in your life	#4 Say what you are grateful for about yourself	#5 Bake a treat and give some to others	#6 Try a gratitude meditation	#7 Write about a meal you're grateful for
#8 Write what you're grateful for money can't buy	#9 List 5 things using your 5 senses	#10 Write a review for a company you love	#11 Send a thank you to a person who inspired	#12 Write something you are looking forward to	#13 Share about a gift you received	#14 Thank your dad/man in your life
#15 Write a memory you cherish	#16 Share a goal you achieved	#17 Go one day without complaining	#18 Do something that loves on your body	#19 Find a photo you're grateful for	#20 Tell 3 amazing things that happened	#21 Donate items you don't need
#22 Cook a meal for someone	#23 Thank the author of a book	#24 Stop and savor one meal	#25 Spend time with loved ones	#26 Write about what made you smile	#27 Take a photo of what you're grateful for	#28 Write about your strengths
#29 Call/text someone to appreciate	#30 Start a gratitude journal					