



30-DAY

Gratitude Challenge

Write three things that you are thankful for.	Do a No Complaining Day.	Try to smile more throughout the day.	Express appreciation to at least one important person in your life.	Participate in a random act of kindness.
Spend 20 minutes on self-care and self-love.	Do volunteer work in your neighborhood.	Help a small business owner out.	Write thank-you notes to five people in your life.	Go outdoors and appreciate nature.
Do something nice for colleagues.	Write three things that you like about your job.	Share positivity.	List three things that you like about yourself.	Identify three things that you often take for granted.
Write down your favorite part of the day.	Think of what you are thankful for before going to bed.	List three things that you appreciate about your boss.	Notice positive traits about your colleagues.	Spend time with loved ones.
Take a load off for your partner.	Call someone you are thinking about today.	Try to make someone laugh and smile.	Avoid gossiping or speaking negatively about other people.	Compliment a stranger.
Send a small gift to a friend.	Help a neighbor out.	Get started with a gratitude journal.	Donate stuff you don't use anymore.	Pay It Forward.

