

30-DAY

Gratitude Challenge

Write three things that you are thankful for.

Do something nice for colleagues.

Take a load off for your partner.

Try to smile more throughout the day.

Spend 20 minutes on self-care and self-love.

Express appreciation to at least one important person in your life.

Write thank-you notes to five people in your life.

Donate stuff you don't use anymore.

Participate in a random act of kindness.

Write down your favorite part of the day.

Identify three things that you often take for granted.

Send a small gift to a friend.

Do a No Complaining Day.

Write three things that you like about your job.

Call someone you are thinking about today.

Do volunteer work in your neighborhood.

Think of what you are thankful for before going to bed.

Help a neighbor out.

Share positivity.

Try to make someone laugh and smile.

List three things that you like about yourself.

Avoid gossiping or speaking negatively about other people.

Help a small business owner out.

List three things that you appreciate about your boss.

Get started with a gratitude journal.

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.