

31 Day Gratitude Challenge

Day 1: Name one thing that happened today that made you grateful

Day 2: Thank a stranger

Day 3: Leave an anonymous note of encouragement

Day 4: Tell someone you value them

Day 5: Let go of anger caused by someone who has wronged you.

Day 6: Write down one thing that you do well

Day 7: Go out of your way to encourage 3 people today

Day 8: Think of 3 things that you love about this day

Day 9: What tough life lesson are you grateful for learning

Day 10: What part of your body do you take for granted? Why are you thankful for it.

Day 11: Reach out to an old friend

Day 12: Think of one goal that you achieved this year

Day 13: Buy your colleague coffee today

Day 14: Name 3 things that you have in your life today that were not there one year ago.

Day 15: Go outside and take time to breath and silently appreciate one living thing that you see.

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Day 16: Write down 5 people that you are thankful for who helped make you the person you are today

Day 17: Make a list of 5 things you routinely buy without having to think about it and take a moment to be grateful for that luxury!

Day 18: Tip someone generously today

Day 19: Write down 3 acts of kindness others have shown you this week

Day 20: Pick a new cause and make a charitable donation, no matter how small.

Day 21: Let someone merge in front of you today

Day 22: Perform a Random act of kindness

Day 23: Smile at every person you pass today and provide a genuine, warm greeting.

Day 24: Think of one thing that you are hard on yourself about. Let go of that and give yourself grace

Day 25: Think on 3 mistakes you made this past year. What did you learn from them?

Day 26: Make an effort to say "Thank you" today for the little things that people do for you. Be intentional about noticing them and showing genuine gratitude!

Day 27: Think of one thing that you are looking forward to in the next 3 months!

Day 28: For the next 3 days, take at least one picture each day of something you are grateful for! Share it or keep it as a special reminder for yourself.

Day 29: Give encouragement and recognition to someone who is working hard today. You may even want to tell their boss what a great job they are doing!

Day 30: Watch an inspiring video to help you stay focused on the good in the world!

Day 31: Bring treats to the office and share with your coworkers! Celebrate life and your completion of the 31-day Gratitude Challenge!