30 DAYS OF GRATITUDE
Challenge ✔

DAY 1
Meditate for 10 minutes

DAY 2
Make an effort to **smile** more throughout the day

DAY 3
Send a **photo** of flowers to someone you care about

DAY 4
Share this **gratitude** challenge with a friend

DAY 5
Express gratitude to at least one person today

DAY 6
Go one full day without **complaining**

DAY 7
Call a **loved** one

DAY 8
Write down 3 things you are **thankful for**

DAY 9
Think of a way someone **helped** you today

DAY 10
Spend 30 minutes practicing **self-care**

DAY 11
Engage in a random act of **kindness**

DAY 12
Spend the day being an **optimist**

DAY 13
Enjoy the **nature** around you

DAY 14
Write about your **favorite** part of the day

DAY 15
Go to sleep with a **thankful** heart

DAY 16
Compliment a **stranger**

DAY 17
Say thank you in a different **language**

DAY 18
Write down 5 things that you like about yourself

DAY 19
Take a moment to **call** a grandparent, mentor, or older friend today

DAY 20
Be grateful for a **skill** or talent you have

DAY 21
Thank your **body** for all it allows you to do

DAY 22
Recognize 3 things that you usually take for granted

DAY 23
Write **thank-you** notes to 3 people in your life

DAY 24
Tell someone that you **love** them

DAY 25
Notice and appreciate today's **weather**, whatever it is

DAY 26
Reflect on a moment that made you smile this year

DAY 27
Notice and **appreciate** a sound you often tune out

DAY 28
Look in the mirror and speak a **positive** affirmation

DAY 29
Make someone **smile** today

DAY 30
Recognize **today** as a gift

PALM BEACH COUNTY
FLORIDA

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