

# 30-Day Gratitude Challenge

**#1**

Write down 3 things you're grateful for

**#2**

Compliment someone you love

**#3**

Call a parent/grandparent & ask them about their day

**#4**

Meditate for 5 minutes today

**#5**

Spend time outside & appreciate the beauty of nature

**#6**

Bring a co-worker a coffee

**#7**

Engage in a random act of kindness

**#8**

Write down 5 things you love about yourself

**#9**

Replace every complaint with a blessing

**#10**

Write a positive review for a business you like

**#11**

Bake a treat for your friend

**#12**

Send a loved one a handwritten letter

**#13**

Spend 30 minutes practicing self care

**#14**

Treat yourself to your favorite coffee or tea

**#15**

Leave a note of encouragement in a public place

**#16**

Write down 3 things you like about your job

**#17**

Thank your mom

**#18**

Call a friend to catch up with them

**#19**

Make a donation to your charity of choice

**#20**

Do a chore your partner/loved one would normally do

**#21**

Let your first thought be positive when you wake up

**#22**

Spend quality time with your loved ones

**#23**

Share positivity with someone

**#24**

Take your dog to the park or for a walk

**#25**

Smile as often as you can today

**#26**

Thank your dad

**#27**

Compliment a stranger

**#28**

Sign up to volunteer for a day in your community

**#29**

Think about 3 great things the future may bring

**#30**

Start a gratitude journal to write in every day!