

30-Day Gratitude Challenge

Daily Activities to Help You Cultivate Gratitude

- 1) TELL A FRIEND WHY YOU APPRECIATE THEM
- 2) FINISH THIS SENTENCE: I FEEL GRATEFUL FOR...
- 3) GIVE SOMEONE A GENUINE COMPLIMENT
- 4) PRACTICE REFRAMING A PAST BAD EXPERIENCE
- 5) OFFER HELP TO SOMEONE IN NEED
- 6) GIVE YOURSELF A POSITIVE AFFIRMATION
- 7) READ A GRATITUDE QUOTE OUT LOUD
- 8) MAKE A DONATION TO A CAUSE YOU BELIEVE IN
- 9) WRITE A "THANK YOU" NOTE TO YOURSELF
- 10) TALK TO SOMEONE WHO MAKES YOU LAUGH
- 11) GET A SMALL GIFT FOR SOMEONE YOU LOVE
- 12) REFLECT ON A GOOD EXPERIENCE
- 13) TAKE A WALK IN NATURE AND LOOK AROUND YOU
- 14) WRITE A LETTER TO SOMEONE WHO HELPED YOU
- 15) DO SOMETHING YOU ENJOY, AND WRITE ABOUT IT!
- 16) DOWNLOAD THE "GRATITUDE GARDEN" APP
- 17) MAKE SOMEONE WHO LOOKS SAD SMILE
- 18) READ ABOUT SOMEONE ELSE'S STRUGGLE
- 19) MAKE A LIST OF PEOPLE YOU CARE ABOUT
- 20) SHARE A POSITIVE POST ON YOUR SOCIAL MEDIA
- 21) FORGIVE SOMEONE WHO OFFENDED YOU
- 22) REFLECT ON YOUR EXPECTATIONS OF OTHERS
- 23) SMILE TO YOURSELF IN THE MIRROR
- 24) MAKE YOUR FAVOURITE MEAL AND SAVOUR IT
- 25) DO A GUIDED GRATITUDE MEDITATION
- 26) MAKE A LIST OF THINGS YOU LOVE
- 27) GIVE SOMEONE AN ENCOURAGING MESSAGE
- 28) THINK OF YOUR FAVOURITE PLACE
- 29) GIVE AWAY SOMETHING YOU DON'T USE
- 30) MENTOR SOMEONE AT WORK/SCHOOL