

30 Day Gratitude Challenge

1. Who is a person in your life you are grateful for?
2. Describe a space or room in your home that makes you happy.
3. Share a song or quote that lifts you up and makes you smile.
4. What is something you're looking forward to?
5. What is something you're loving reading or listening to?
6. Write down your favorite part of the day.
7. List the best three things you've eaten this week.
8. What is something or someone you're proud of?
9. Name something beautiful outside your window.
10. What is something you like about yourself?
11. Name a tradition you love and look forward to every year.
12. What is one of your strengths?
13. Name someone who loves you.
14. Write down something that made you laugh recently.
15. What is your favorite season and why?
16. What is something you wished for years ago that you have today?
17. Name your favorite experience in the past year.
18. Share something you're proud of or a time when you were brave.
19. What is something new you've learned to do recently?
20. Who is a person that is always kind to you?
21. Name one thing you like about your body or appearance.
22. Who is the last person to do you a favor or help you out somehow?
23. Share a favorite memory from your childhood.
24. What is one good thing about where you live?
25. Describe a favorite smell that always makes you smile. What about a sound, sight, or sensation?
26. Where is your favorite place in the world?
27. Name an item or food that brings you comfort.
28. Describe something weird or random that brings you joy.
29. What is your favorite social media platform? Your favorite account or friend?
30. Describe the last time you truly felt at peace.

