30 Days of Gratitude

Write one thing you're grateful for each day.

Day 1 ☐ a person _____	**Day 2** ☐ a place _____	**Day 3** ☐ something you have _____	**Day 4** ☐ a small win _____	**Day 5** ☐ a comfort _____
Day 6 ☐ a meal _____	**Day 7** ☐ nature _____	**Day 8** ☐ a friend _____	**Day 9** ☐ a teacher _____	**Day 10** ☐ a memory _____
Day 11 ☐ your body _____	**Day 12** ☐ music _____	**Day 13** ☐ a skill _____	**Day 14** ☐ home _____	**Day 15** ☐ something funny _____
Day 16 ☐ a lesson _____	**Day 17** ☐ a pet _____	**Day 18** ☐ a smell _____	**Day 19** ☐ a hobby _____	**Day 20** ☐ something kind _____
Day 21 ☐ a challenge _____	**Day 22** ☐ a tool _____	**Day 23** ☐ a book _____	**Day 24** ☐ a neighbor _____	**Day 25** ☐ a tradition _____
Day 26 ☐ sunlight _____	**Day 27** ☐ a safe place _____	**Day 28** ☐ a surprise _____	**Day 29** ☐ a moment today _____	**Day 30** ☐ yourself _____

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