

# 30 DAYS OF

# gratitude

- a person I'm glad to have in my life.
- something I find comfort in
- my favorite part of the morning
- my favorite memory
- an accomplishment I'm proud of
- a hidden blessing in a difficult situation
- an opportunity I'm grateful for
- my favorite song (& why)
- a life lesson I have learned
- the biggest gift in my life right now
- a future event I'm excited about
- some positive news I've gotten recently
- my favorite area in my home
- a memory that makes me smile
- something beautiful I saw today
- my favorite part of the evening
- my guilty pleasure
- one good thing that happened today
- how I show gratitude for my friends
- something I love about a family member
- something positive about my body
- a challenge I'm grateful for
- a compliment that made me feel good
- the best gift I've ever received
- the item I treasure most
- the people who mean the most to me
- my favorite part about nature
- something that made me laugh today
- a book that I loved reading
- a freedom I am grateful for