Day 1
What is your favorite color and how does it make you feel?

Day 2
Write about something that makes you smile.

Day 3
Write about something that makes you laugh.

Day 4
What 3 things do you love about your personality?

Day 5
What in nature are you thankful for?

Day 6
What is your favorite season?

Day 7
What 3 things do you love about your body?

Day 8
What future events are you excited to be attending?

Day 9
What moment from this week were you most grateful for?

Day 10
What challenge or obstacle in your life are or were you grateful for?
Day 11: What is something you see everyday that you are thankful for?

Day 12: Name an object you use daily that you can’t do without.

Day 13: What talent or skill are you grateful to have?

Day 14: What touching act of kindness has someone done for you?

Day 15: Who inspires you dead or alive?

Day 16: Name some things you like about the city you live in?

Day 17: What modern invention are you grateful for?

Day 18: What about your heritage are you grateful for?

Day 19: What is something you are proud to have accomplished?

Day 20: Talk about a favorite mentor or teacher.
Day 21
Describe your favorite holiday.

Day 22
Talk about a place you love going to. It could be anywhere.

Day 23
What are some lessons you learned so far this year?

Day 24
How would life be without your:
1) car, 2) computer,
-OR- 3) phone?

Day 25
What do you appreciate about your current versus younger self?

Day 26
Write a thank you note for someone. Send it, if you’d like.

Day 27
Name 3 people you are grateful to have in your life.

Day 28
Talk about a mistake you made that you learned from.

Day 29
What about humanity do you appreciate?

Day 30
What about this 30-Day Gratitude Challenge are you grateful for?