

30 DAYS OF GIVING GRATITUDE



| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
|--------------------------|----------------------------|---------------------------------|---------------------------------------|-------------------------------|
| Say Thank You | Tell Someone You Love Them | Donate Un-used Items | Call a Friend | Give a Small Gift |
| Day 6 | Day 7 | Day 8 | Day 9 | Day 10 |
| Practice Thankful Pauses | Send a Thank You Note | Be Kind to a Stranger | Coffee Date | Write a Gratitude Note |
| Day 11 | Day 12 | Day 13 | Day 14 | Day 15 |
| Compliment a Stranger | Spread Positivity | Help a Small Business Owner Out | Call a Family Member | Text a Compliment to a Friend |
| Day 16 | Day 17 | Day 18 | Day 19 | Day 20 |
| Pay it Forward | Volunteer | Take Care of Your Body | Pre-Pay for a Future Experience | Thank Yourself |
| Day 21 | Day 22 | Day 23 | Day 24 | Day 25 |
| Get Out Into Nature | Addition by Subtraction | Invest in Yourself | Random Acts of Kindness | Make a Gratitude List |
| Day 26 | Day 27 | Day 28 | Day 29 | Day 30 |
| Help a Neighbor Out | No Complaining Day | Do a Job for a Loved One | List Some Things you Take for Granted | Start a Gratitude Journal |

NAME

When you express gratitude, you incorporate mindfulness into your routine, as well as practicing a form of self-care.