

Gratitude

ALL MONTH LONG

Give yourself time every day for one month to appreciate the items listed below and focus on being grateful for them.

Day 1

a specific smell
you are grateful
for

Day 2

a piece of
technology you
are grateful for

Day 3

What are you
grateful for in
nature?

Day 4

a memory are
you grateful to
have

Day 5

a book are you
glad you read

Day 6

a specific place
do you love
visiting

Day 7

a holiday you
are grateful for

Day 8

a sight/ view that
warms your
heart

Day 9

name one thing
about your
physical body
you appreciate

Day 10

What is one
beverage you
are grateful for?

Day 11

What is a
beverage that
you're grateful
for?

Day 12

name a tradition
you have that
fills you with joy

Day 13

one moment
this week you're
glad happened

Day 14

a form of
expression you
are grateful was
discovered

Day 15

a loved one
you're happy is
in your life

Day 16

a moment of
inspiration you're
grateful
happened

Day 17

an article of
clothing you
can't live without

Day 18

something
money can't
buy

Day 19

a form of
movement you
appreciate

Day 20

a leader or
teacher that had
an impact on
you

Day 21

one simple
pleasure that
makes you smile

Day 22

one person you
can call anytime
for any reason

Day 23

someone that
makes you
laugh

Day 24

something small
you use daily

Day 25

a difficult
situation you
have overcome

Day 26

a personal trait in
yourself

Day 27

a personal
ability/ talent you
have

Day 28

a small gesture
from someone
else

Day 29

an opportunity
you have been
presented

Day 30

a silver lining
you have seen/
experienced