

30-Day Gratitude Challenge

APRIL

- Day 1:** Write down what gratitude means to you
- Day 2:** Note the top 10 items
- Day 3:** Say thanks to a colleague
- Day 4:** Take a walk and notice something in nature
- Day 5:** Reach out to a friend on the front lines of Covid-19
- Day 6:** Read an article or quote about gratitude
- Day 7:** Leave a positive review for a local business
- Day 8:** Share an image of what you're thankful for
- Day 9:** Leave a note of gratitude for a family member
- Day 10:** Reach out to someone via phone
- Day 11:** If you appreciate someone, tell them today
- Day 12:** Host a virtual happy hour or coffee
- Day 13:** Take a few minutes today to celebrate YOU
- Day 14:** Do a random act of kindness
- Day 15:** Write a note of thanks to a friend
- Day 16:** Unplug for a family meal and have real conversations
- Day 17:** Replace I "have to" with "I get to"
- Day 18:** Try a free 5-minute guided meditation on YouTube

MAY

- Day 19:** Try a new wellness activity
- Day 20:** Do something kind for a neighbor
- Day 21:** List something you're grateful for that begins with each letter of the alphabet
- Day 22:** Set time aside today to relax
- Day 23:** Make a gratitude collage with words and pictures
- Day 24:** Reach out to an old friend or colleague via social media
- Day 25:** Recognize three things you typically take for granted
- Day 26:** Think about what you're grateful for before going to bed
- Day 27:** Tell someone how much you appreciate their contributions
- Day 28:** Write down five things you like about yourself
- Day 29:** Pause and think about the past 28 days and what you've noticed about your approach to gratitude
- Day 30:** Write one or more goals about how you'll celebrate gratitude moving forward

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Day 1 13 Define Gratitude	Day 2 14 List What You're Grateful For	Day 3 15 Send A Virtual Core Value Card	Day 4 16 Gratitude Walk	Day 5 17 Say Thank You	Day 6 18 Stay Curious
Day 7 19 Write A Nice Review	Day 8 20 Get Social	Day 9 21 Gratitude Post-Its	Day 10 22 Call A Friend	Day 11 23 Compliment Someone	Day 12 24 Virtual Happy Hour	Day 13 25 Celebrate
Day 14 26 Surprise And Delight	Day 15 27 Send A Card	Day 16 28 Unplug	Day 17 29 Change Your Thinking	Day 18 30 Meditate	Day 19 1 Get Moving	Day 20 2 Surprise Someone
Day 21 3 A-Z Appreciation	Day 22 4 Relax	Day 23 5 Create	Day 24 6 Reconnect	Day 25 7 Three Things	Day 26 8 Evening Gratitude	Day 27 9 Thank A Colleague Or Leader
Day 28 10 Five Things	Day 29 11 Pause And Reflect	Day 30 12 Set A New Goal				

gratitude is the best attitude