30 Days of Gratitude

Reflect on something beautiful you saw today	Acknowledge a skill that you possess that makes your life more manageable	Go outside and recognize something in nature that you enjoy	Reflect on something that made you smile today	Think of someone who always makes you feel comfortable and at ease
Ponder on your favourite scent and think about why you love it	Think of a fond memory that you hold in your heart	Just recognize that today is a gift	Have a day with no complaining	Wrap yourself in your favourite blanket and experience its warmth
Write down three things you are thankful for	Think about one thing that you appreciate about your body	Write a thank you note for someone in your life	Use kind words with yourself	Think of a challenge that you are grateful for and how it positively impacted your life
Post a positive affirmation on your bathroom mirror	Think of a modern-day convenienc that you are thankful for	Write down three of your strengths that you are grateful you possess	Think of a favorite food and why you love it	Think of an item you treasure and reflect on why it matters to you
Express gratitude for someone you are glad you have in your life	Leave an encouraging note in a public place —share your gratitude	Find your favourite book online and leave a kind review	Reflect on a time when you received the encouragement you needed	Write down three simple pleasures you are grateful for
Think of a rejection in your life that you are most thankful for	Ponder on something that gives you hope	Think of what you most love about your home	Reflect on the best part of your day today	Share your most valued life-lesson with someone else

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