



# Grateful Challenge - 30 days

I commit to be grateful for at least 3 things in life each day for 30 days!

---

(Signature)

The following is a list of areas in which to consider being grateful. Pick an area, write it in the blank next to each date and think of specifics in the areas you choose each day to write on your list. Even if one area is hard to consider at first, challenge yourself to think deeper about what you can be grateful for!

- Job
- Food
- Transportation
- Home
- God's Character
- Relationships
- Spouse
- Children
- Abilities
- Character
- Health
- Faith
- Nature
- Places
- Finances
- Weekends
- Animals
- Personal growth from mistakes
- Education
- Books/Reading
- Laughter
- Sleep
- Safety
- Time
- Communication
- Water
- Kindness
- Art
- Emotions
- Good that has come from pain
- New days
- Modern conveniences
- Wisdom
- Landscapes
- Music
- Entertainment
- Grocery Stores
- Your Mind
- Creativity
- Diversity
- Hearing
- Teaching/Learning
- Warmth
- Challenges
- Hope
- Service
- Strength
- Human body

Day 1

1.

2.

3.

Day 3

1.

2.

3.

Day 2

1.

2.

3.

Day 4

1.

2.

3.

*"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow." -Melodie Beattie*

Day 5

- 1.
- 2.
- 3.

Day 6

- 1.
- 2.
- 3.

Day 7

- 1.
- 2.
- 3.

Day 8

- 1.
- 2.
- 3.

Day 9

- 1.
- 2.
- 3.

Day 10

- 1.
- 2.
- 3.

Day 11

- 1.
- 2.
- 3.

Day 12

- 1.
- 2.
- 3.

Day 13

- 1.
- 2.
- 3.

Day 14

- 1.
- 2.
- 3.

Day 15

- 1.
- 2.
- 3.

Day 16

- 1.
- 2.
- 3.

*"Gratitude is the sign of noble souls." -Aesop*

*"What separates privilege from entitlement is gratitude." -Brene Brown*

Day 17

1.

2.

3.

Day 19

1.

2.

3.

Day 21

1.

2.

3.

Day 23

1.

2.

3.

Day 25

1.

2.

3.

Day 27

1.

2.

3.

Day 29

1.

2.

3.

Day 18

1.

2.

3.

Day 20

1.

2.

3.

Day 22

1.

2.

3.

Day 24

1.

2.

3.

Day 26

1.

2.

3.

Day 28

1.

2.

3.

Day 30

1.

2.

3.

*"Do not be anxious about anything, but in everything, by prayer and petition, WITH THANKSGIVING, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Jesus Christ." -Philippians 4:7*