

30 Days of Gratitude Challenge

Day 1

Write down three people who you are thankful for.

Day 2

Tell someone why you are grateful to have them in your life.

Day 3

Go one full day without complaining.

Day 4

Write down the best thing that happened today.

Day 5

Take time to smile at everyone you see today.

Day 6

Do a random act of kindness for someone.

Day 7

Spend 30 minutes doing something you love.

Day 8

Write down three things that you are grateful for.

Day 9

Write thank you notes to five people in your life.

Day 10

Recognize someone in your family who looks after you.

Day 11

Do something nice for a classmate.

Day 12

Sit down with someone and share what you are both grateful for.

Day 13

Write down three things that you like about school.

Day 14

Turn any negative thoughts into positive thoughts.

Day 15

Write down five things that you love about yourself.

Day 16

Think about three things that you usually take for granted.

Day 17

Write about your hobbies and why you love them.

Day 18

Think about what you're grateful for before going to bed tonight.

Day 19

Tell three people in your life why you appreciate them.

Day 20

Watch for a classmate doing a good job and thank them for it.

Day 21

Think of someone who helped you today and thank them for it.

Day 22

Write down three things that you appreciate about your teacher.

Day 23

Notice positive traits about each of your classmates.

Day 24

Spend quality time with loved ones, without any screens.

Day 25

Think of something great that has happened to you this month or year.

Day 26

Write a thank-you note to a classmate.

Day 27

Avoid gossip or speaking negatively about others.

Day 28

Compliment a stranger.

Day 29

Start a gratitude journal and keep practicing gratitude.

Day 30

Well done! You've done a great job. Congratulate yourself today.