



30 Days of Gratitude Challenge



Write down three people who you are thankful for.

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

Go one full day without complaining.

Write down the best thing that happened today.

Take time to smile at everyone you see today.

Do a random act of kindness for someone.

Spend 30 minutes doing something you love.

Write down three things that you are grateful for.

Write thank you notes to five people in your life.

Recognize someone in your family who looks after you.

Do something nice for a classmate.

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

Write down three things that you like about school.

Turn any negative thoughts into positive thoughts.

Write down five things that you love about yourself.

Think about three things that you usually take for granted.

Write about your hobbies and why you love them.

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

Tell three people in your life why you appreciate them.

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

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

Write down three things that you appreciate about your teacher.

Notice positive traits about each of your classmates.

Spend quality time with loved ones, without any screens.

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

Write a thank-you note to a classmate.

Avoid gossip or speaking negatively about others.

Compliment a stranger.

Start a gratitude journal and keep practicing gratitude.

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