

# 30 DAY GRATITUDE

## CHALLENGE

1. Family
2. Creativity
3. Optimism
4. Bravery
5. Music
6. Forgiveness
7. Generosity
8. Holidays
9. Patience
10. Independence
11. Memory
12. Awareness
13. Choice
14. Sleep
15. Home
16. New Places
17. Healing
18. Books
19. Change
20. Freedom
21. Learning
22. Photographs
23. Love
24. Journals
25. Smiling
26. Inspiration
27. Solitude
28. Individuality
29. Energy
30. Nourishment



- \*Post what you grateful for each day
- \*Use these prompts or pick your own
  - \*Tag it with **#GYISGratitude**
- \* Can use a picture, quote, thought, etc.
  - \*Make it public

**INSPIRE YOURSELF AND OTHERS!**