

30-DAY GRATITUDE CHALLENGE

Day 1: Eat and enjoy your favorite beverage or snack.

Day 2: 20-minute meditation.

Day 3: Name 10 things you were grateful for in 2022.

Day 4: What makes you smile?

Day 5: Name an item you can't live without.

Day 6: Take a walk and appreciate your surroundings.

Day 7: What's your favorite song? Listen to it.

Day 8: Eat and enjoy food that nourishes your body.

Day 9: Name a hobby or skill you've learned this year

Day 10: Which learnings are you grateful for?

Day 11: What is your favorite picture?

Day 12: What is your favorite book/movie

Day 13: 20 minutes of stretching

Day 14: Write a letter to yourself

Day 15: Donate an item for poor children

Day 16: 20-minute meditation

Day 17: What's your favorite clothing piece?

Day 18: What are your best memories? And why?

Day 19: Write a letter to your best friend

Day 20: What did you learn about yourself this year?

Day 21: Go out for a run or workout

Day 22: Name your favorite family/friend activity

Day 23: Help others

Day 24: Write a letter to your family

Day 25: Make your family and friends smile

Day 26: Take pictures of things you are grateful for.

Day 27: Thank your favorite author on Twitter.

Day 28: Help your mum with house chores.

Day 29: Leave thank you notes around.

Day 30: Make someone smile.