



## 30 DAYS OF GRATITUDE IDEAS

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1. Text 3 friends to tell them how much you appreciate them
2. Write your partner a note of appreciation
3. Write on your kid's bathroom mirror- all the things you love about them
4. Send a message of appreciation to your stylist
5. Write a letter to yourself, appreciating all the GOOD about you
6. Bake some cookies for your postman, UPS and/or Fedx person
7. Tell a stranger they are pretty
8. Wash your partners car and leave a note of gratitude for all they do for you
9. Take your best friend
10. Send a note to kid's teacher
11. Sit outside or by a window and appreciate all the beauty God has created for you
12. Thank - police officers, fire fighters, bank tellers, gas station attendant, the checker at your grocery store
13. Thank your personal trainer
14. Pay for the Starbuck's order of the person behind you in line
15. Make a list of what you are thankful for from your childhood



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16. Sit in stillness and practice gratitude for how far you have come in life
17. Write a letter of gratitude to your dad
18. Write a letter of gratitude to your mom
19. Send a message to someone you follow on social media and tell them how much you enjoy their content
20. Text, note, message someone that has impact your life positively
21. Write down 10 material items you are thankful for: transportation, house, phone etc.
22. Write a note of gratitude to each member of your staff
23. Thank your boss
24. Text, note, message someone that gets on your last nerve
25. Call your siblings and share how much you appreciate them
26. What is a family tradition you are grateful for?
27. Buy a bundle of fresh flowers from Walmart, put them in a vase, wrap tulle around the vase and deliver them to your neighbor
28. What is something you are grateful for that happened today?
29. Write a list of all you accomplished today instead of looking at the list you didn't do.
30. What is a memorable moment in your life that you are grateful for?