

# 30-DAY GRATITUDE CHALLENGE

November 2019

Print this page and record your daily gratitudes in the space beneath each prompt.



SUN	MON	TUE	WED	THU	FRI	SAT
					<b>1</b> Home:	<b>2</b> Nature:
<b>3</b> Something I see every day:	<b>4</b> Something I do every day:	<b>5</b> Transportation:	<b>6</b> Hobbies:	<b>7</b> Work:	<b>8</b> Family/Friends:	<b>9</b> Technology:
<b>10</b> Quiet:	<b>11</b> Noise:	<b>12</b> Texture:	<b>13</b> Smells:	<b>14</b> Color:	<b>15</b> Music:	<b>16</b> Something that makes me laugh:
<b>17</b> Something that makes me smile:	<b>18</b> Something that fills me with hope:	<b>19</b> Something that fills me with love:	<b>20</b> Something I accomplished today:	<b>21</b> Passion:	<b>22</b> Purpose:	<b>23</b> Peace:
<b>24</b> Intention:	<b>25</b> Movement:	<b>26</b> Stillness:	<b>27</b> Kindness:	<b>28</b> Letting go:	<b>29</b> Self-care:	<b>30</b> Myself: