

# 30 Days of *Gratitude* Challenge

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>	<i>Sat</i>
			<i>1</i> Start a gratitude journal & add to it throughout the month..	<i>2</i> Go out of your way to help someone today.	<i>3</i> Send a loved one a handwritten note.	<i>4</i> Offer someone a heartfelt compliment.
<i>5</i> Bake a treat for your neighbors.	<i>6</i> Thank your pastor for his hard work.	<i>7</i> Think about a tough situation in your life that helped you grow.	<i>8</i> Smile as often as you can.	<i>9</i> Spend time with someone you care about today.	<i>10</i> Leave a note of encouragement in a public place	<i>11</i> Thank a veteran in your life for their service.
<i>12</i> Spend 10 minutes doing some gentle stretches.	<i>13</i> Write down Colossians 2:6-7 & put it someplace you will see it	<i>14</i> Make time to stop & breathe in your favorite scent.	<i>15</i> Replace every complaint with a blessing.	<i>16</i> Give someone a small gift, just because.	<i>17</i> Lend a hand to someone needing help.	<i>18</i> Go on a walk and find something beautiful.
<i>19</i> Make yourself your favorite hot drink today	<i>20</i> Be watchful & thankful in your prayers today (Colossians 4:2).	<i>21</i> Show yourself grace. Do your best & let that be good enough.	<i>22</i> Cheer on somebody else's achievements out loud.	<i>23</i> Close your eyes & picture 10 things you are thankful for.	<i>24</i> Tell your loved ones <i>why</i> you love them. Be specific.	<i>25</i> Call a parent or grandparent & be an active listener.
<i>26</i> Volunteer to do an unpleasant task.	<i>27</i> Hug someone.	<i>28</i> Think of someone who made a difference in your life. Tell them..	<i>29</i> Do a random act of kindness.	<i>30</i> Read over your gratitude journal for the month.		