

30 Days of *Gratitude* Challenge

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