

30 day Gratitude Challenge

| | | | | | | |
|-------------------------------------------------------|-------------------------------------------------------------------------|-------------------------------------------------------|------------------------------------------------|--------------------------------------------------------|-------------------------------------------------------|----------------------------------------------------------------|
| 1 What smell am I grateful for? | 2 What part of the day am I most grateful for? | 3 What talent or skill am I grateful to have? | 4 What book am I grateful for? | 5 What was the last thing that made me laugh? | 6 What was my biggest lesson through quarantine? | 7 What musician or song am I grateful for? |
| 8 What am I looking forward to in the week ahead? | 9 Name 5 people I'm grateful for. | 10 What do I appreciate about my hometown? | 11 Someone who inspires me from afar. | 12 What food am I most grateful for right now? | 13 Something about my body for which I'm grateful. | 14 A challenge in my past that shaped me in a positive way. |
| 15 What bill am I most grateful to be able to pay? | 16 What small item do I use daily & am grateful for? | 17 What rejection in life am I most grateful for? | 18 What childhood memory am I grateful for? | 19 What's something that's made me smile this week? | 20 What places am I grateful for? | 21 What creative invention am I grateful for? |
| 22 What life change am I grateful for? | 23 What is something in nature that brings me joy? | 24 What quote or verse has inspired me in my life? | 25 What animal am I grateful for? | 26 What holiday am I grateful for? | 27 What am I grateful for on social media? | 28 What sound am I grateful for? |
| 29 What mentor or teacher am I grateful for? | 30 What is something that happened this month that I'm grateful for? | | | | | |

Write down each of these in a journal or a note on your phone.

INSPIRE OTHERS! Share on Social Media and tag @MiamiMomCollective and @candicecarricarte

GRATEFUL

"Reflect upon your present blessings, of which every man has plenty; not on your past misfortunes, of which all men have some." - Charles Dickens

"Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity...it makes sense of our past, brings peace for today, and creates a vision for tomorrow." – M. Beattie

"Gratitude is a verb, a state of being and a practice that can transform not only our current emotions but the trajectory of our life." – Candice Carricarte