



# 30 Days of Gratitude

**#1**

What smell are you grateful for?

**#2**

What technology are you grateful for?

**#3**

What color are you grateful for?

**#4**

What friend/family member are you grateful for?

**#5**

What sound are you grateful for?

**#6**

What in nature are you grateful for?

**#7**

What memory are you grateful for?

**#8**

What book are you grateful for?

**#9**

What place are you grateful for?

**#10**

What taste are you grateful for?

**#11**

What holiday are you grateful for?

**#12**

What texture are you grateful for?

**#13**

What abilities are you grateful for?

**#14**

What sight are you grateful for?

**#15**

What season are you grateful for?

**#16**

What about your body are you grateful for?

**#17**

What knowledge are you grateful for?

**#18**

What piece of art are you grateful for?

**#19**

What touch are you grateful for?

**#20**

Who in your life are you grateful for?

**#21**

What song are you grateful for?

**#22**

What story are you grateful for?

**#23**

What tradition are you grateful for?

**#24**

What challenge are you grateful for?

**#25**

What moment this week are you grateful for?

**#26**

What food are you grateful for?

**#27**

What small thing that you use daily are you grateful for?

**#28**

What small thing that happened today are you grateful for?

**#29**

What person are you grateful for?

**#30**

What talent or skill do you have that you are grateful for?