



# 21 Days of GRATITUDE CHALLENGE

<p>DAY 1</p> <p>What is something to be grateful for on your hardest days?</p>	<p>DAY 2</p> <p>What are you grateful for that brings you comfort?</p>	<p>DAY 3</p> <p>What friend are you grateful for?</p>	<p>DAY 4</p> <p>Which family member are you grateful for?</p>	<p>DAY 5</p> <p>What in nature are you grateful for?</p>
<p>DAY 6</p> <p>Which memory are you grateful for?</p>	<p>DAY 7</p> <p>What act of kindness are you grateful for?</p>	<p>DAY 8</p> <p>Which life lesson are you grateful for?</p>	<p>DAY 9</p> <p>What in your community are you grateful for?</p>	<p>DAY 10</p> <p>Which stress-relieving activity are you grateful for?</p>
<p>DAY 11</p> <p>What blessings are you grateful for?</p>	<p>DAY 12</p> <p>Which experience this year are you grateful for?</p>	<p>DAY 13</p> <p>Which role-model are you grateful for?</p>	<p>DAY 14</p> <p>What song are you grateful for?</p>	<p>DAY 15</p> <p>Which caregiver are you grateful for?</p>
<p>DAY 16</p> <p>What encouraging words are grateful for?</p>	<p>DAY 17</p> <p>What hobby are you grateful for?</p>	<p>DAY 18</p> <p>What food are you grateful for?</p>	<p>DAY 19</p> <p>What simple pleasure are you grateful for?</p>	<p>DAY 20</p> <p>What book are you grateful for?</p>
<p>DAY 21</p> <p>Which season are you grateful for?</p>	<p>NOTES</p> <hr/> <hr/> <hr/> <hr/>			