



30 Days of Thanks Gratitude Challenge

1. Say 'thank you' to someone when they least expect it.
2. Send a quick text or short note to a family member letting them know how thankful you are for them.
3. Think of two challenges you're grateful for and what positive things you learned from them.
4. What foods are you most thankful for? If you can, donate whatever it is to the food pantry.
5. What is the last positive experience you had at a business? Write a kind review or send the company a thank you.
6. Call a friend and catch up.
7. Attend worship and give your offering as a thanksgiving for God's blessings.
8. Do something kind for yourself.
9. Volunteer to do something you wouldn't normally do.
10. Give someone a hug.
11. Think of three memories you are thankful for. If it involves someone else, send them the memory and a word of thanks via text or a short note.
12. Spend some time taking care of yourself. Take a bath, stretch, nap. Do what your body or soul needs most.
13. Do a random act of kindness.
14. Treat someone to lunch or do a favor for someone without them having to ask.
15. Tell someone you love them.

16. Donate things that you don't use any more to people in need.
17. Take a thankful pause today. Stop for a moment to recognize your blessings.
18. Share positivity with others.
19. Compliment a stranger.
20. Make a "Good" List. List all the good qualities you have and thank God for creating you in such a special way.
21. Pay it forward.
22. Take a moment to thank your body for all the ways it carries you through life. If you can, do something that makes your body stronger or healthier.
23. Get out in nature.
24. Send a note to someone via mail telling them why you are thankful to have them in your life.
25. Write a gratitude list. List the things, people, and characteristics you are grateful for.
26. Help a neighbor out.
27. Have a no complaining day. This one is hard, but commit to not complaining for an entire 24 hours.
28. Think of a job that someone you love regularly does, and simply do it for them today.
29. Think of some things you normally take for granted and say a special prayer of thanksgiving for them.
30. Challenge yourself to start noticing what you're grateful for more often and spreading gratitude outside of this challenge.

