

In this season, it's easy to get caught up in the hustle and bustle and to lose the peace and joy...may this challenge help us all stay grounded in what matters most. Enjoy! Nancy Nino

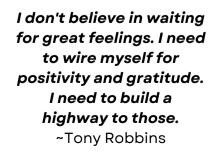
30 DAY GRATITUDE NOVEMBER 2024 Challenge

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	
					*	1
					Sale Sale	

30 DAY GRATITUDE challenge

1. Reflect on three things you're grateful for about your family

- 2. Write about a recent accomplishment that you're proud of
- 3. Describe three people in your life who bring you joy and gratitude
- 4. Write about a place that you feel grateful to have visited.
- 5. Think about a skill or talent you possess that you're grateful for.
- 6. What is a favorite book or piece of art that you are thankful to have experienced?
- 7. Write about a moment from your childhood that fills you with gratitude.
- 8. List three aspects of your physical health that you appreciate.
- 9. Reflect on a friend who has supported you, and why you're thankful for them.
- 10. Write down something in nature that you find beautiful and are grateful for.
- 11. Consider a recent kindness shown to you and express your gratitude.
- 12. Write about a teacher or mentor who has positively influenced your life.
- 13. What's a cozy or comforting item or activity that brings you gratitude?
- 14. List three things about your job or career that you're thankful for.
- 15. Reflect on a challenge you've overcome and how it's made you stronger.
- 16. Write about a specific food or meal that you savor and are grateful for.
- 17. Consider a technological advancement that has improved your life.
- 18. List three qualities about yourself that you're grateful for.
- 19. Reflect on a historical figure who inspires gratitude in you.
- 20. Write about a moment when you felt proud of your resilience.
- 21. What's a hobby or interest that brings you joy and gratitude?
- 22. List three ways in which you can give back to your community.
- 23. Reflect on a favorite vacation or travel experience that you're thankful for.
- 24. Write about a personal possession that holds sentimental value.
- 25. Consider a family tradition that you cherish and are grateful for.
- 26. List three ways in which you can practice self-care and be grateful for your well-being.
- 27. Reflect on a lesson you've learned from a past mistake or failure.
- 28. Write about a cultural event or celebration that you appreciate.
- 29. What's a personal accomplishment that you're grateful to have achieved?
- 30. Consider the present moment and express gratitude for the here and now.



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