

# 31 days of gratitude

Everyday of our lives we have something to be grateful for. The more we look for the positive in our lives, the more we notice the abundance around us.

Challenge yourself to 31 days of gratitude.

1. What smell do you love and how does it make you feel?

2. What creature comfort do you appreciate most?

3. What's your favourite colour in nature?

4. What about you makes you special ?

5. What abilities are you grateful for?

6. What tradition are you grateful for?

7. What friend/family member are you grateful for?

8. What simple thing made today a good day?

9. What's your happiest childhood memory?

10. What song is guaranteed to make you smile?

11. Name something beautiful about where you live.

12. Name the food you can't live without.

13. What is your proudest moment?

14. Remember a moment when you belly laughed.

15. What is the best gift you have ever received?

16. Name your favourite destination you've visited?

17. What is something you learned this week?

18. What's your favourite season and why?

19. Name the favourite part of your job.

20. Which holiday do you look forward to most in the year?

21. Think of a favourite place to be and what do you do there?

22. Remember the last time you were really excited.

23. What's your favourite thing about a rainy day?

24. What is your favourite flower and when did you last see one?

25. Remember the last sunset you saw.

26. Who was/is your best teacher or mentor?

27. Which book or story has impacted your life?

28. What has a friend done that has shown you they love you?

29. Remember a moment you gave whole heartedly to someone else.

30. What was the best dessert you've ever had?

31. Continue a daily gratitude journal to find the moments of peace, love and light in your everyday life.