



# A Thankful Heart

## 30 Day Gratitude Challenge

### INSTRUCTIONS

Each day write something down that you are truly grateful for. You cannot just think about what you are grateful for. **You must FEEL it deeply.**

Ponder your choices and choose things that make your heart swell up when you think of them. **That's what true gratitude feels like.**

For example, we know that you're most likely thankful for your spouse, children, friends etc. Try to go deeper with this challenge. Rather than "family" choose a specific family member and *why* you feel grateful. i.e. I'm grateful for my daughter because of how kind she is to perfect strangers and never judges anyone. Or I'm grateful for my husband because when I'm feeling bad he always does silly things to make me smile.

### CALENDARS

There are two calendars. One is a guided calendar in which you are given a topic. The other is a blank calendar which lets you choose your own topic. (You can use the guided calendar list for ideas.)

### FOLLOW UP

After your month of diligently doing this, determine if you feel better overall or not. If you truly did it with feeling, you will. Post this list somewhere you can see it regularly as a reminder.

**ENJOY THE LITTLE THINGS, FOR ONE DAY YOU MAY LOOK  
BACK AND REALIZE THEY WERE THE BIG THINGS.**

*ROBERT BRAULT*

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30 Day Gratitude Challenge

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1	Something in nature (no animals)	
2	Some type of technology	
3	A household item	
4	A personal quality you have	
5	A physical quality or trait you have	
6	A skill you have	
7	A food item (sweet)	
8	A specific book	
9	A person no longer living	
10	Something about your job (or work you do)	
11	A critter of some sort	
12	A specific person and why	
13	Weather that you love	
14	A smell or scent	
15	A specific song	
16	A specific season and why	
17	Another personal quality	
18	Another physical quality	
19	A past trial or problem you learned from	
20	A location	
21	An unexpected kindness someone did for you	
22	Something common you take for granted	
23	A food/meal (no dessert)	
24	Someone you've never met who inspired you	
25	Something of great comfort	
26	Something about your health	
27	A hobby	
28	A memory	
29	A favorite place (big or small)	
30	A holiday and why	

# Thankful Heart Challenge Reminders

Print out the tags on white or colored cardstock. Cut out and place them into the binder clip holders. Set them around the house in various places to remind you to be grateful.

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Be Gratefui 	Gratitude 
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