

30 Days of
Gratitude

Presented by Montana Psychiatry

- 1 Start a gratitude journal
- 2 Be thankful for creation by going for a walk
- 3 Use kind words (give up swearing)
- 4 Do something kind for a friend or coworker
- 5 Learn something new today!
- 6 Celebrate family with dinner or game night
- 7 Wake up 10 minutes earlier to meditate
- 8 Call an old friend or send an email
- 9 Make a point to give 3 compliments
- 10 Reflect on one thing you're thankful for that money can't buy
- 11 Say hello to your neighbor
- 12 Try a new craft, project, or hobby
- 13 Find an inspirational quote that motivates you
- 14 Reflect on the mistakes of your past (learn)
- 15 Help someone with your time or a donation
- 16 List 3 people you are thankful for
- 17 Say aloud three good things that happened
- 18 Thank yourself for the healthy habits you've created in your own life
- 19 Write down a healthy goal for 2020
- 20 Break away from technology for 24 hours
- 21 Go a day without complaining
- 22 Mail a hand-written note to someone
- 23 Do a random act of kindness
- 24 Indulge in your favorite food
- 25 Listen to your favorite song!
- 26 What trait are you thankful for? Love yourself!
- 27 What's the biggest challenge you've overcome? Celebrate it!
- 28 What tradition are you thankful for?
- 29 Make an effort to smile today...it can be contagious!
- 30 Create a 'glass half full' attitude for next month & beyond