

30 Days of Gratitude

Day 1 Let's Begin the Journey: Select an online journal format or use a paper journal to record three things you are grateful for. Do this each day for the next 30 days. Review the resource on the website to get your started.	Day 2 Listen to a Ted Talk: Happy Secret to Better Work	Day 3 Activity: Wellness Yoga Day Take a break to enjoy a complete beginner 30 minute yoga session	Day 4 Tip: De-clutter your workspace. Excess clutter can be distracting, increase anxiety, and zap your energy.	Day 5 Activity: Start a Book of Awesome List all the things in your daily life that make you feel amazing, you love and appreciate however simple they may be.	Day 6 Catch up on your gratitude journal	Day 7 Tip: Take a walk with a neighbor you have not spoken to for a while
Day 8 Tip: Make today a day free of judgment - in words, thoughts, and actions. The way we judge others is often the way the world will judge us. Don't let your fears or insecurities get in the way of truly getting to know someone	Day 9 Listen to a Ted Talk: Remember to Say Thank You	Day 10 Activity: Gratitude Reflection Day Find a quiet space to follow one of these self-reflection exercises .	Day 11 Tip: Visit your favorite spot on campus or outside in nature today to appreciate where you work or live.	Day 12 Activity: Gratitude Rock Painting Day Find an object from nature (rock, piece of wood, leaf) to decorate with paint or by other means to symbolize your gratitude. Place your project in a place you will see often to remind you of all that you are grateful for.	Day 13 Tip: Take time to make something and share it with someone.	Day 14 Tip: Tell someone special to you how they have made an impact on your life.
Day 15 Tip: Do one kind act today for someone else	Day 16 Listen to a Ted Talk: What Makes Us Feel Good About Work	Day 17 Activity: 5 Minute Guided Meditation for Gratitude Session	Day 18 Tip: Share a meal with a co-worker or friend	Day 19 Activity: Write a Letter of Gratitude Day Take the time to tell someone how much you appreciate them. Follow these tips to writing your hand-written note or email.	Day 20 Activity: Revisit Yoga Take a break to enjoy a complete beginner 30 minute yoga session	Day 21 Tip: Make quality time for someone today.
Day 22 Tip: Try one of these recipes using Foods to Boost Your Mood	Day 23 Listen to a Ted Talk: How to Make Stress Your Friend	Day 24 Tip: Create a hope or prayer list for yourself	Day 25 Tip: Call someone you have not seen or talk to recently	Day 26 Activity: A Daily Question Receive a daily question to uplift grateful awareness and generate insight. View your daily question and read shared concerns and celebrations.	Day 27 Tip: Review your gratitude journal back to the beginning of your journey. Notice any changes in you?	Day 28 Tip: Do one kind act today for someone else
Day 29 Tips: Thank your supervisor in some way	Day 30 Listen to a Ted Talk: Want to be Happy? Be Grateful	<p>You are on your way to a happier and more grateful life by following these simple suggestions for the next 30 days.</p>				