

30 DAYS TO
Supercharge
MY GRATITUDE PRACTICE

1 APPRECIATE I SEE IN NATURE

2 3 TEACHERS I'VE HAD

3 REMEMBER ONE OF THE BEST DAYS OF MY LIFE

4 3 THINGS I CAN SEE

5 SOMETHING MY BODY DOES FOR ME

6 3 FRIENDS I HAVE OR HAD IN MY LIFE

7 MUSIC THAT I LOVE

8 3 THINGS I CAN SMELL

9 MY HAPPIEST CHILDHOOD MEMORY

10 3 THINGS I CAN TASTE

11 THE BIGGEST ACCOMPLISHMENT OF MY LIFE

NOTES:

12 3 ANIMALS I LOVE(D)
OR APPRECIATE

13 MY DEAREST FRIEND

14 3 things I'm good at

15 A HOBBY THAT BRINGS
ME JOY

16 3 THINGS I CAN HEAR

17 A FAMILY TRADITION THAT
I'M MOST GRATEFUL FOR

18 3 THINGS THAT MAKE
ME LAUGH

19 SOMETHING I LEARNED
THIS WEEK

20 3 PEOPLE WHO HIRED ME

21 THE PERSON WHO MADE ME
SMILE WITHIN THE PAST
24 HOURS

22 3 BOOKS I LOVE

23 ONE WAY MY LIFE IS BETTER
TODAY THAN IT WAS A
YEAR AGO

24 3 THINGS I CAN TOUCH/FEEL

NOTES:

25 A RECENT CHALLENGE OR OBSTACLE THAT I OVERCAME

26 3 THINGS I AM LOOKING FORWARD TO IN THE NEXT YEAR

27 THE FAVORITE PART OF MY DAILY ROUTINE

28 3 THINGS IN MY HOME

29 A SMALL WIN I ACCOMPLISHED IN THE PAST 24 HOURS

30 3 OPPORTUNITIES I'VE HAD

NOTES: