



# 30 DAYS OF GRATITUDE

## Challenge



<input type="checkbox"/> <b>DAY 1</b> Meditate for 10 minutes	<input type="checkbox"/> <b>DAY 2</b> Make an effort to <b>smile</b> more throughout the day	<input type="checkbox"/> <b>DAY 3</b> Send a <b>photo</b> of flowers to someone you care about	<input type="checkbox"/> <b>DAY 4</b> Share this <b>gratitude</b> challenge with a friend	<input type="checkbox"/> <b>DAY 5</b> <b>Express</b> gratitude to at least one person today
<input type="checkbox"/> <b>DAY 6</b> Go one full day without <b>complaining</b>	<input type="checkbox"/> <b>DAY 7</b> Call a <b>loved one</b>	<input type="checkbox"/> <b>DAY 8</b> Write down 3 things you are <b>thankful for</b>	<input type="checkbox"/> <b>DAY 9</b> Think of a way someone <b>helped</b> you today	<input type="checkbox"/> <b>DAY 10</b> Spend 30 minutes practicing <b>self-care</b>
<input type="checkbox"/> <b>DAY 11</b> Engage in a random act of <b>kindness</b>	<input type="checkbox"/> <b>DAY 12</b> Spend the day being an <b>optimist</b>	<input type="checkbox"/> <b>DAY 13</b> Enjoy the <b>nature</b> around you	<input type="checkbox"/> <b>DAY 13</b> Write about your <b>favorite</b> part of the day	<input type="checkbox"/> <b>DAY 14</b> Go to sleep with a <b>thankful</b> heart
<input type="checkbox"/> <b>DAY 16</b> Compliment a <b>stranger</b>	<input type="checkbox"/> <b>DAY 17</b> Say thank you in a different <b>language</b>	<input type="checkbox"/> <b>DAY 18</b> <b>Write</b> down 5 things that you like about yourself	<input type="checkbox"/> <b>DAY 19</b> Take a moment to <b>call</b> a grandparent, mentor, or older friend today	<input type="checkbox"/> <b>DAY 20</b> Be grateful for a <b>skill</b> or talent you have
<input type="checkbox"/> <b>DAY 21</b> Thank your <b>body</b> for all it allows you to do	<input type="checkbox"/> <b>DAY 22</b> <b>Recognize</b> 3 things that you usually take for granted	<input type="checkbox"/> <b>DAY 23</b> Write <b>thank-you</b> notes to 3 people in your life	<input type="checkbox"/> <b>DAY 24</b> Tell someone that you <b>love</b> them	<input type="checkbox"/> <b>DAY 25</b> Notice and appreciate today's <b>weather</b> , whatever it is
<input type="checkbox"/> <b>DAY 26</b> <b>Reflect</b> on a moment that made you smile this year	<input type="checkbox"/> <b>DAY 27</b> Notice and <b>appreciate</b> a sound you often tune out	<input type="checkbox"/> <b>DAY 28</b> Look in the mirror and speak a <b>positive</b> affirmation	<input type="checkbox"/> <b>DAY 29</b> Make someone <b>smile</b> today	<input type="checkbox"/> <b>DAY 30</b> Recognize <b>today</b> as a gift

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Board of County  
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PALM BEACH COUNTY



PARKS & RECREATION

