

30 Thankful THOUGHTS

Journal each day, for the next 30 days, expressing your gratitude for...

Day 1 Something that makes you smile.	Day 2 Something you find beautiful.	Day 3 A song you love.	Day 4 An item in your home.	Day 5 Something you can see right now.
Day 6 A day of the week.	Day 7 A smell you love.	Day 8 A happy memory.	Day 9 A person in your family.	Day 10 Where you live.
Day 11 A food you love.	Day 12 An ability of yours.	Day 13 3 people in your life.	Day 14 Something you're looking forward to.	Day 15 A holiday you love.
Day 16 Your favorite season.	Day 17 An item you use every day.	Day 18 Something that made you laugh.	Day 19 A simple pleasure.	Day 20 Something that brings hope.
Day 21 Something about nature.	Day 22 A personality trait of yours.	Day 23 Something in your daily life.	Day 24 Something from your childhood.	Day 25 Something you have achieved.
Day 26 A bill you have to pay.	Day 27 Something about your body.	Day 28 A place you have traveled to.	Day 29 A gift you have received.	Day 30 An experience this month.