



30 Days of Thanksgiving

DAY 1 A simple joy in your daily routine	DAY 2 Write down 3 things you're grateful for	DAY 3 A skill or talent you're proud of	DAY 4 A cozy moment from today	DAY 5 Someone who makes you laugh
DAY 6 A time you helped someone	DAY 7 An object that brings you comfort	DAY 8 A family tradition you love	DAY 9 A favorite memory you cherish	DAY 10 A friend who always supports you
DAY 11 A book, movie, or song that lifts you up	DAY 12 Someone who inspires you	DAY 13 Share a favorite quote on gratitude	DAY 14 A place that feels like home	DAY 15 A lesson you've learned recently
DAY 16 A kind act someone did for you	DAY 17 A goal you're working toward	DAY 18 Someone who made you smile today	DAY 19 An achievement you're proud of	DAY 20 The beauty of nature around you
DAY 21 Five things you're thankful for outdoors	DAY 22 A challenge you've overcome	DAY 23 Your favorite Thanksgiving memory	DAY 24 Something you're looking forward to	DAY 25 Someone you think of often
DAY 26 One thing you're thankful for with a loved one	DAY 27 A meal that brings back good memories	DAY 28 Something that makes you feel calm	DAY 29 A piece of advice that helped you	DAY 30 Reflect on three blessings from this past month

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DAY 1	DAY 16
DAY 2	DAY 17
DAY 3	DAY 18
DAY 4	DAY 19
DAY 5	DAY 20
DAY 6	DAY 21
DAY 7	DAY 22
DAY 8	DAY 23
DAY 9	DAY 24
DAY 10	DAY 25
DAY 11	DAY 26
DAY 12	DAY 27
DAY 13	DAY 28
DAY 14	DAY 29
DAY 15	DAY 30