

# 31 Days of Gratitude This October

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- |                                                      |                                                 |                                                     |                                                     |                                                       |
|------------------------------------------------------|-------------------------------------------------|-----------------------------------------------------|-----------------------------------------------------|-------------------------------------------------------|
| 1<br>What made you smile today?                      | 2<br>Who are you thankful to have in your life? | 3<br>What makes your home feel good to be in?       | 4<br>What kindness have you never forgotten?        | 5<br>What can your body do that you are thankful for? |
| 6<br>Where do you feel most at peace?                | 7<br>What always makes you laugh?               | 8<br>What skill are you glad you learned?           | 9<br>What smell do you love?                        | 10<br>What beautiful thing did you notice today?      |
| 11<br>Who taught you something that still helps you? | 12<br>What simple pleasure makes life better?   | 13<br>What comfort are you thankful to have?        | 14<br>What food or drink brings you joy?            | 15<br>What memory makes you smile?                    |
| 16<br>What hard time taught you something useful?    | 17<br>What makes your daily life easier?        | 18<br>What place are you thankful you have been to? | 19<br>What do you have now that you once hoped for? | 20<br>What part of nature brings you joy?             |
| 21<br>What choice are you glad you made?             | 22<br>What item you own has special meaning?    | 23<br>What small part of your day do you enjoy?     | 24<br>What tradition means a lot to you?            | 25<br>What do you appreciate about yourself?          |
| 26<br>What song always lifts your mood?              | 27<br>What have you enjoyed learning recently?  | 28<br>What everyday thing would you really miss?    | 29<br>What is going well in your life right now?    | 30<br>What are you looking forward to?                |
| 31<br>What are you most thankful for right now?      |                                                 |                                                     |                                                     |                                                       |



6.2K



2.7K



4.7K

