



30-Day Gratitude Challenge

PRACTICING SELF-CARE AND MINDFULNESS

cultivate gratitude

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30-Day Gratitude Challenge:

1

WORK

Today, reflecting on how fortunate it is to have a job (or educational opportunities) to go to each day, how does this experience improve your life, or at least help you in some way (big or small)?

2

PEACE

Peace. It's generally something we all try to achieve but when was the last time you actually thought about a moment when you felt the most at peace? How can you incorporate a tad more of that in your life, even if it's a scaled down version?!

3

FRIENDSHIP

Without friendship, life would be quite dull. What friends have been by your side no matter what? Who makes you wanna pull all your newly dyed hair out but you couldn't imagine life without them? Who makes you better for having known them?

4

SEASONS

The seasons, for me, are incredibly important. Which season is your favorite? Do you enjoy the changes that come with each one?

5

KINDNESS

Kindness is such a simple thing, but it's not always as abundant as it could be. Today's a good day to do something especially kind for someone else.