



*I'm grateful for...*

# 30-Day Gratitude Challenge

For the next 30 days, take a few minutes each day to write a statement of gratitude for one thing, great or small, that blessed you.

After you have regularly flexed your gratitude muscles you might just find your health and happiness have improved.

When you've finished, share your page on social media with the hashtag: **#thankfulgratefulblessed**

Start Date:

End Date:

01	02	03	04	05
06	07	08	09	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

*#thankfulgratefulblessed*