



30 Days of Gratitude

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Practice an attitude of gratitude	2 Take a moment to appreciate silence	3 Be a role model of gratitude	4 Stay curious by asking open-ended questions	5 Create small daily self-care rituals	6 Think about your greatest achievements	7 Gratitude can be found in the 'little things'
8 Find ways to inspire others	9 Take time to understand perspectives	10 Find ways to spend time in nature daily	11 Practice healthy boundaries by saying no	12 Try small talk before meetings	13 Experience a body scan meditation	14 Send a card by post to thank someone
15 List 3 things you are most grateful for	16 Think about how you can help your team	17 Let someone know you appreciate them	18 Take time to read an inspiring book	19 Journal about a struggle you are facing	20 Be inspired by the beauty in nature	21 Attend a mindfulness workshop
22 Schedule a walk & talk meeting	23 Be curious vs judgmental	24 Experience a mindfulness meditation	25 Consider another point of view	26 Take consistent steps to achieve your big goals	27 Remind yourself to practice daily self-care	28 Let go of old ways of thinking
29 Be the first to say sorry	30 Lead with kindness					



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