

30 Day Gratitude Challenge

Studies have shown that expressing gratitude can greatly impact on both your mental and physical health. Use these prompts to build up your ability to reflect on your day with gratitude to help with protecting your mental health and wellbeing.

Follow my social media for more resources, videos and updates:

📌 Miss Tinks – Growing Minds 📌 Miss_Tinks 📌 Miss Tinks
📌 misstinks_official 📌 Abby Lamb

Miss Tinks X

Today I am grateful for:

- 1 - Something I am looking forward to
- 2 - A simple pleasure I have
- 3 - Something I didn't have a year ago
- 4 - A happy memory that I have
- 5 - A great place I have visited
- 6 - My body or my health
- 7 - Something outside
- 8 - An accomplishment I have made
- 9 - A possession I have
- 10 - A photograph I have
- 11 - A gift I have been given
- 12 - Someone in my life
- 13 - A song that I love
- 14 - Something about my job
- 15 - A way I have helped others
- 16 - A book I have read
- 17 - A household item I have
- 18 - A good friend
- 19 - A mentor who has taught me
- 20 - A family member
- 21 - Something that has made me happy
- 22 - A lesson I have learned
- 23 - A personality trait I have
- 24 - A good habit I have
- 25 - A moral/value I keep to
- 26 - A hobby/sport
- 27 - Something I have overcome
- 28 - The freedom I have
- 29 - Positive news I have received
- 30 - an opportunity I have been given