

# 30 DAYS *of gratitude*

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MIND BODY EDUCATION

Who are you  
grateful for  
today?

What book  
are you  
grateful for  
today?

What sound  
are you  
grateful for  
today?

What feeling  
are you  
grateful for  
today?

What  
emotion are  
you grateful  
for today?

What  
memory are  
you grateful  
for today?

What smell  
are you  
grateful for  
today?

What colour  
are you  
grateful for  
today?

What item  
are you  
grateful for  
today?

What song  
are you  
grateful for  
today?

What touch  
are you  
grateful for  
today?

What food  
are you  
grateful for  
today?

What about  
you are you  
grateful for  
today?

What sense  
are you  
grateful for  
today?

What  
opportunity  
are you  
grateful for  
today?

What skill  
are you  
grateful for  
today?

What  
challenge  
are you  
grateful for  
today?

What  
hardship  
are you  
grateful for  
today?

What drink  
are you  
grateful for  
today?

What major  
change are  
you grateful  
for today?

What gift  
are you  
grateful for  
today?

What  
"boring"  
item are you  
grateful for  
today?

What about  
your body  
are you  
grateful for  
today?

What in life  
are you  
grateful for  
today?

What hobby  
are you  
grateful for  
today?

What place  
are you  
grateful for  
today?

What guilty  
pleasure are  
you grateful  
for today?

What taste  
are you  
grateful for  
today?

What art are  
you grateful  
for today?

What in  
nature are  
you grateful  
for today?

