

# 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?

