

## **Thirty Days of Gratitude—Topics for Social Media Project**

Day 1: A moment from yesterday for which you are grateful . . .

Day 2: A memory for which you are grateful . . .

Day 3: A color (and what it represents) for which you are grateful . . .

Day 4 (SUNDAY): A verse or prayer for which you are grateful . . .

Day 5: A freedom for which you are grateful . . .

Day 6: A song for which you are grateful . . .

Day 7: A particular place for which you are grateful . . .

Day 8: A gift for which you are grateful . . .

Day 9: A family member for whom you are grateful . . .

Day 10: A simple pleasure for which you are grateful . . .

Day 11 (SUNDAY): Today is Veteran's Day! Name a veteran for whose service to our country you are grateful . . .

Day 12: A promise that you have made (and kept!) for which you are grateful . . .

Day 13: Advice that you have received for which you are grateful . . .

Day 14: A particular fragrance (and what it means to you) for which you are grateful . . .

Day 15: A particular possession for which you are grateful . . .

Day 16: What particular skill or ability are you blessed with for which you are grateful?

Day 17: What is a future hope you have (whether it happens in your lifetime or not) for which you will be grateful?

Day 18 (SUNDAY): What is a sacred "quiet space" for which you are grateful?

Day 19: What random act of kindness would you do for someone today for which they would be grateful?

Day 20: What is something in nature for which you are grateful?

Day 21: What is a particular taste or food for which you are grateful? (Make sure whoever is cooking tomorrow knows, too!)

Day 22 (THURSDAY): Happy Thanksgiving! What is a tradition you have (any time of the year) for which you are grateful?

Day 23: Name one of your teachers for whom you are particularly grateful . . .

Day 24: What challenge have you faced in life for which you are grateful now?

Day 25 (SUNDAY): What is a gift from God for which you are grateful?

Day 26: What moment in your life have you experienced for which you are grateful?

Day 27: Name a person in your life for whom you are particularly grateful . . .

Day 28: Who is a friend you can always count on for whom you are grateful?

Day 29: What is a particular goal in life (achieved or still reaching for) for which you are grateful?

Day 30: Pick anything for which you are grateful that may not have been mentioned . . .