30 DAYS OF Gratitude

1 Someone you are grateful for.	2 A place you are grateful for.	3 A food you really love.	4 A favorite experience you treasure.	5 A person who has impacted you.	6 A skill you are grateful for.	7 A book or tv show that you love.
8 A role model who inspired you.	9 A dessert you can't get enough of.	10 A time you were given a helping hand.	11 A music group are grateful for.	12 Something that relaxes you.	13 An act of kindness that made you smile.	14 Your favorite smells.
15 A place you feel cozy and secure.	16 Someone who believes in you.	17 An activity you love to do.	18 A lesson you are grateful for.	19 A sound that makes you happy.	20 Something or someplace that makes you feel alive	21 A favorite childhood memory.
22 A goal you achieved.	23 Something that makes you feel peaceful.	24 A person who makes you laugh.	25 A place that gives you a sense of wonder.	26 One of your very best days.	27 The best gift you ever received.	28 Something you created that you're proud of.
29 Your favorite flavors.	30 Something about you that is pretty cool.					

Use the daily prompts listed above to reflect on things you are grateful for. Write your answers in the spaces below.



Jewish Federation of Omaha