

The 21 Day Gratitude Challenge

Day 1: What do you have enough of?

Day 2: Who do you know that you can never repay?

Day 3: What do you take for granted?

Day 4: What inconvenience are you grateful for?

Day 5: What is your most precious memory?

Day 6: Which artist lights your world?

Day 7: How have you changed for the better?

Day 8: What do you know that you never want to forget?

Day 9: What is the greatest compliment you've received or given?

Day 10: What's the best advice you've received?

Day 11: What made you smile today?

Day 12: What is the best mistake you ever made?

Day 13: Who inspires you to be your best self?

Day 14: When has nature taken your breath away?

Day 15: Who or what shaped your inner compass?

Day 16: What is the most cherished gift you've received?

Day 17: Who in your life are you under appreciating?

Day 18: What skill do you value most in yourself?

Day 19: What can you say thank you for in this very moment?

Day 20: What have you lost and learned from?

Day 21: If this were your last day, how would you spend it?