

31 Days of Gratitude

Gratitude (grat-i-tude)

noun

"the quality of being thankful; readiness to show appreciation for and to return kindness"

What It Means To Me

Having gratitude, or being grateful, is one of the best ways to make yourself happy. Being grateful reminds you of what you have, where you are, and all of the amazing things you have accomplished. Practicing gratitude is practicing self-reflection and makes you more aware of the world around you.

What This Is

"31 Days of Gratitude" is the daily action of being grateful for *something*. It doesn't have to be anything huge, something as, "I am grateful for the coffee I made this morning" is fine. The point of this daily action is to become more in-tune with our lives and more aware of what is happening around us. The hope is that at the end of these 31 days, we will find ourselves feeling more uplifted, full of appreciation for our lives, and better able to find joy in the small moments of life.

How To Join In

Simple. Take two minutes a day and write down something you are grateful for. Write them in your phone, on a piece of paper, or on the template provided! If you want, share your gratitude on Instagram with the [#31DayofGratitude](#)! Follow along with my 31 days at [@livingnsunshine](#) to see what I am grateful for.

31

Days of Gratitude

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31 Days of Gratitude

Day 31

What are you grateful for today, on the last day of 31 Days of Gratitude?

Overall reflections from this month...

How did the month go? What did you like?
What did you struggle with?

My New Mindset...

Do you notice any changes in your mindset? How you feel at the end of the day? How you feel overall?