

Congregational Church of Amherst, United Church of Christ

♥ 30 Days of Gratitude Challenge ♥

<p>Day 1</p> <p>Start a gratitude journal and write in it every day.</p>	<p>Day 2</p> <p>Make a list of 5 things you love about yourself.</p>	<p>Day 3</p> <p>Spend time with someone that makes your heart happy.</p>	<p>Day 4</p> <p>Leave a gift for your mail or package delivery person.</p>	<p>Day 5</p> <p>Compliment someone today.</p>
<p>Day 6</p> <p>Treat a friend to coffee today. (Virtual or in-person)</p>	<p>Day 7</p> <p>Make it your goal not to complain for the entire day.</p>	<p>Day 8</p> <p>Acknowledge something a loved one has done and how it makes you feel.</p>	<p>Day 9</p> <p>Spend quality time together with your loved ones. (Virtual or in-person)</p>	<p>Day 10</p> <p>Make a list of 5 things you love about your life.</p>
<p>Day 11</p> <p>Send flowers (real or virtual) to a random person.</p>	<p>Day 12</p> <p>Bake a special treat for a neighbor today.</p>	<p>Day 13</p> <p>Be intentional about giving back in your community today.</p>	<p>Day 14</p> <p>Offer to do something for a loved one today.</p>	<p>Day 15</p> <p>Spend extra time with a young person today.</p>
<p>Day 16</p> <p>Make dinner for a busy person in your life.</p>	<p>Day 17</p> <p>Offer to watch a friend or family member's kids for a few hours.</p>	<p>Day 18</p> <p>Spend 10 minutes doing something for yourself today.</p>	<p>Day 19</p> <p>Find a way to give back to cause in your community that has helped you.</p>	<p>Day 20</p> <p>Write a nice review of a small business that you've recently supported.</p>
<p>Day 21</p> <p>Do a random act of kindness today.</p>	<p>Day 22</p> <p>Go through your home and donate anything you're not using.</p>	<p>Day 23</p> <p>Hold the door for someone today or let them go ahead of you in line.</p>	<p>Day 24</p> <p>Call a family member today just to say hello.</p>	<p>Day 25</p> <p>Call or text a friend and let them know how much they mean to you.</p>
<p>Day 26</p> <p>Send a thank you card to someone who has recently helped you.</p>	<p>Day 27</p> <p>The next time you go through a drive-thru pay for (or towards) the person behind you.</p>	<p>Day 28</p> <p>Buy a small gift for your significant other just because.</p>	<p>Day 29</p> <p>Help someone in need today whether it's a friend or a stranger.</p>	<p>Day 30</p> <p>Read through your gratitude journal and keep it handy for times when you feel less content.</p>