

30-DAY Thankfulness Challenge

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| What is a memory you are thankful for? | What friend or relative are you thankful for? | What pet/animal are you thankful for? | What in nature are you thankful for? | What activity or hobby are you thankful for? |
| What are you thankful for today? | What lesson in life are you thankful for? | What daily habit are you thankful for? | What food or favorite meal are you thankful for? | What is a personality trait that you are thankful for? |
| What book are you thankful for? | What is a personal challenge you are thankful for? | What is a trip or vacation you are thankful for? | What technology are you thankful for? | What surprise are you thankful for? |
| What holiday are you thankful for? | What song are you thankful for? | Who are you thankful for in your day? | What traditions are you thankful for? | What drink are you thankful for? |
| What act of kindness are you thankful for? | What weather are you thankful for? | What changes in your life are you thankful for? | What mentor are you thankful for? | What drive are you thankful for? |
| What accomplishments are you thankful for? | What silly moment or joke are you thankful for? | What movie are you thankful for? | What is a mistake you are now thankful for? | What are you thankful for daily? |

November is the month to reflect and be thankful! Use the questions to challenge yourself to be thankful everyday.