

Challenge

A 30-DAY

1

Use my blessing to bless someone else

2

Send a text of gratitude to someone

3

Take 1 minute to write out as many blessings as I can

4

Memorize a verse of Thanksgiving to quote to myself this month

5

Find a way to pay it forward today

6

Bless someone in your own house in an unexpected way

7

Random act of kindness for a stranger today!

8

Take 1 minute to write out as many blessings as I can

9

Compliment someone who wouldn't expect it from you

10

Focus on the skills you've been blessed with and how they can help others

11

Write a kind note and put it in the mail! Snail mail style!

12

Think of 3 unexpected blessings that have happened this year

13

Take 1 minute to write out as many blessings as I can

14

Post something on social media today that could encourage others

15

Send a note of thanks to someone who has influenced your life

16

Listen to a song today about being grateful

17

Find 3 things in nature to be thankful for today!

18

Take 1 minute to write out as many blessings as I can

19

Think of someone you're grateful for and how you can imitate that in your life.

20

Random act of kindness for a family member today!

21

Find 3 unexpected things in your home to be thankful for today

22

Think of a daily task you don't enjoy and perform it with Thanksgiving today!

23

Take 1 minute to write out as many blessings as I can

24

Think of something you take for granted and how you can change that mindset

25

Take a few minutes to share with someone today the blessings you've been writing this month

26

Share a word of encouragement with someone outside your home

27

Random act of kindness for a friend today!

28

Take 1 minute to write out as many blessings as I can

29

Find 3 things about yourself to be thankful for today

30

Review your month. Reflect: how has it helped you?