

30 DAY GRATITUDE PLANNER CHALLENGE CHEAT SHEET

1. Book
2. Movie or TV Show
3. Song
4. Scent or Smell
5. Season
6. Technology
7. Food
8. Color
9. Memory
10. Holiday
11. Animal or Pet
12. Place
13. Talent or Skill
14. Friend or Family Member
15. Story
16. Piece of Art
17. Hobby or Craft
18. Sound
19. Gift Received
20. Something about yourself
21. Who motivates you
22. Part of your body
23. Clothing
24. Something that inspires you
25. Dream
26. Person that makes you happy
27. Quote
28. Scripture
29. Room in your home
30. Picture

Not an exact list but something to get you started. I'm sure you can think of other things to be thankful for that relate to your personal experience.