



# 30-Day Gratitude Challenge from Advocate Aurora EAP

Building a solid gratitude habit can help people feel more positive emotions, improve their health, deal with adversity, and build stronger relationships.

Try this 30-day Gratitude Challenge provided by your AAH EAP!

<b>Day 1</b> Go outside and appreciate the beauty of nature	<b>Day 2</b> Spend 30 minutes practicing self-care	<b>Day 3</b> Do something nice for a co-worker	<b>Day 4</b> List three things that you like about your job	<b>Day 5</b> Smile at five strangers
<b>Day 6</b> Donate towels or blankets to an animal shelter	<b>Day 7</b> Think about all of the people who made your meal	<b>Day 8</b> Leave a note of appreciation in a neighbor's mailbox	<b>Day 9</b> Share your garden flowers or plants	<b>Day 10</b> Help someone with a chore or repair
<b>Day 11</b> Compliment a business for providing great service	<b>Day 12</b> Make a gratitude collage for things you are grateful	<b>Day 13</b> When you wake up, think of someone you are thankful for	<b>Day 14</b> Put away someone's cart at the grocery store	<b>Day 15</b> Bring flowers or cards to a nursing home
<b>Day 16</b> Engage in a random act of kindness	<b>Day 17</b> Go one full day without complaining	<b>Day 18</b> Meditate for 10 minutes	<b>Day 19</b> Catch a co-worker doing a good job and thank them for it	<b>Day 20</b> Refrain from gossip or speaking negatively about others
<b>Day 21</b> Recognize three things that you usually take for granted	<b>Day 22</b> Paint a rock with a gratitude message and leave it in a park	<b>Day 23</b> Start a gratitude jar	<b>Day 24</b> Write down three things you appreciate about your boss	<b>Day 25</b> Sign up to volunteer for a day in your community
<b>Day 26</b> Write down five things that you like about yourself	<b>Day 27</b> Thank someone who has made a difference in your life	<b>Day 28</b> Notice positive traits about your colleagues	<b>Day 29</b> Compliment a stranger	<b>Day 30</b> Surprise a friend or neighbor with homemade treats

**800-236-3231**  
**aah.org/eap**



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