

30 Days of Gratitude

Please join us for 30 days of inspiring prompts.



- ♥ Create a journal page,
- ♥ Write a poem,
- ♥ Take a photo or
- ♥ Jot down your thank you list to the universe.



Dip in and out throughout the month or challenge yourself with our daily practice.

day 1. **start a practice**
day 2. **environment**
day 3. **{guest post}**
day 4. **health**
day 5. **water**
day 6. **{guest post}**
day 7. **selflove**
day 8. **a sense of smell**
day 9. **learning**
day10. **{guest post}**
day11. **a sense of sight**
day12. **nature**
day13. **{guest post}**
day14. **a sense of touch**
day15. **color**

day16. **a sense of sound**
day17. **{guest post}**
day18. **small mail**
day19. **air**
day20. **{guest post}**
day21. **art/creativity**
day22. **voice**
day23. **a sense of taste**
day24. **{guest post}**
day25. **books**
day26. **weather**
day27. **{guest post}**
day28. **family/friends**
day29. **community**
day30. **making a difference**

Together we will radiate beautiful energy out into the world.

yourheartmakesadifference.com