

## 60 Day Gratitude Challenge

1. Surprise someone with a gift of gratitude. For example buy a stranger's cup of coffee or send a friend a surprise \$5 over Venmo so they can buy themselves a drink!
2. Write down 3 things you're grateful for and explain *why* you're grateful for them
3. Move with gratitude (recommended practice: A Life of Gratitude: Joy)
4. Send a note of gratitude. Email or mail a letter to someone you're grateful for
5. Do a Gratitude meditation ([recommended practice](#))
6. Take 5 minutes reflecting on something that happened recently you feel grateful for
7. Move with gratitude (recommended practice: A Life of Gratitude: Acceptance)
8. Give something away to someone that you know they would love and appreciate
9. Meditate with gratitude ([recommended practice](#))
10. Write down 5 people you feel grateful for in your life. Why are you grateful for them?
11. Move with gratitude (recommended practice: A Life of Gratitude: Gratitude)
12. Give a meaningful compliment to a stranger
13. Meditate with gratitude ([recommended practice](#))
14. Call a friend and say thank you
15. Practice gratitude in motion ([recommended practice](#)) or go on a gratitude walk
16. Replace a complaint with a thought of gratitude
17. Meditate with gratitude ([recommended practice](#))
18. Show an animal gratitude. If you have a pet, give them affection. If not, when you see an animal today such as a bird in the sky, express your gratitude for nature.
19. Move with gratitude ([recommended practice](#))
20. Write down 3 things you feel grateful for about your work or daily routine
21. Meditate with gratitude ([recommended practice](#))
22. Think of a favorite vacation and savor the memory with gratitude
23. Move with gratitude ([recommended practice](#))
24. Give yourself flowers (or any small gift) and remember to give gratitude to yourself

25. Meditate with gratitude ([recommended practice](#))
26. Think about something you're looking forward to and sense your gratitude for the upcoming opportunity or experience
27. Move with gratitude (recommended practice: A Life of Gratitude: Joy)
28. Go on a gratitude walk, be in nature and give thanks to the planet
29. Meditate with gratitude ([recommended practice](#))
30. Help a stranger, even holding the door open for someone in need counts.
31. Move with gratitude (recommended practice: A Life of Gratitude: Acceptance)
32. Cook something and share it with a friend, neighbor or loved one
33. Meditate with gratitude ([recommended practice](#))
34. Call a family member and express your gratitude
35. Move with gratitude (recommended practice: A Life of Gratitude: Gratitude)
36. Write a positive review for a small business you frequent
37. Meditate with gratitude ([recommended practice](#))
38. Write down 3 things you feel grateful for about your neighborhood
39. Practice gratitude in motion ([recommended practice](#))
40. Volunteer or donate (it can be small!)
41. Meditate with gratitude ([recommended practice](#))
42. Think of 3 ways you're grateful for your body. Write about it and explain why.
43. Move with gratitude ([recommended practice](#))
44. Donate 3 things from your closet
45. Meditate with gratitude ([recommended practice](#))
46. Leave a kind note for someone as a surprise
47. Move with gratitude ([recommended practice](#))
48. Treat yourself to your favorite meal and before eating, pause and give thanks.
49. Meditate with gratitude ([recommended practice](#))
50. Cook a meal or pick up a favorite treat for someone you're grateful for
51. Move with gratitude (recommended practice: A Life of Gratitude: Joy)

52. Engage in a random act of kindness
53. Meditate with gratitude ([recommended practice](#))
54. Think about an ancestor you're grateful for
55. Move with gratitude (recommended practice: A Life of Gratitude: Acceptance)
56. Buy a friend a drink (kombucha counts!)
57. Meditate with gratitude ([recommended practice](#))
58. Email a mentor to say thanks
59. Move with gratitude (recommended practice: A Life of Gratitude: Gratitude)
60. Start a gratitude journal to keep it going!