

CHALLENGE

1. Freedom

2. Knowledge

3. Beauty

4. Health

5. Love

6. Sunlight

7. Family

8. Colors

9. Sleep

10. Enthusiasm

11. Friends

12. Organization

13. Memory

14. Laughter

15. Nature

16. Kindness

17. Desire

18. Work

19. Mindfulness

20. Museums

21. Weekends

22. Nourishment

23. Artwork

24. Home

25. Individuality

26. Energy

27. Pain

28. Stillness

29. Imagination

30. Mistakes

*Post what you grateful for each day

*Use these prompts or pick your own

*Tag it with **#GYISGratitude**

*Can use a picture, quote, thought, etc.

