



## 30 Days of Kindness & Gratitude Challenge

### Why 30 Days of Kindness & Gratitude?

Imagine waking up every day and feeling genuinely good. Like, “I just had the best chai tea and sunshine just hit my face in the perfect way” good. A 30-day gratitude journal is the ticket to rewiring your brain to see the good stuff in the everyday chaos. And we’re here to make it fun, real, and definitely not another “dear diary” snooze fest.

### How to Get Started with a Gratitude Journal

**Spoiler Alert:** There’s no wrong way to do this. You don’t need fancy journals or to write novels. Just grab a notebook, your phone, or a napkin if that’s what’s closest, and try these ideas:

### Examples and Tips to Kick Off Your Gratitude Journal

- 1. Three Good Things:** Before bed, jot down three things you’re grateful for. Doesn’t have to be deep. (Example: “1. Found matching socks. 2. Nailed the pancake flip. 3. My dog didn’t bark during the Zoom call.”)
- 2. Best Moment of the Day:** Think about that one moment today that didn’t suck. Maybe it was a laugh with a friend or a glorious first sip of coffee. Just one sentence.
- 3. Flip the Script on a ‘Bad’ Day:** Stuck in traffic? Got stuck doing all the dishes? Write it down but put a grateful twist on it, like: “Grateful that my epic traffic jam

gave me a chance to blast my favorite tunes solo.”

**4. Gratitude Snapshots:** If words fail, snap a pic of something that brings you joy. Your dog’s epic flop on the floor? Perfect.

**5. One Thing You Laughed At Today:** Big or small, a laugh is a moment of gratitude. Jot it down. It’ll make you smile when you reread it!

## Make Gratitude Your Own

Not sure what to write? Here are some unconventional prompts to keep it fresh (and not like a chore). Pick one each day, or just see where the inspiration takes you:

- **What song made you feel something today?** (Even if that feeling was “cringe but still bop”).
- **Who surprised you today?** Whether it was a friend’s unexpected call or a stranger holding the door, there’s magic in the little things.
- **What would you never take for granted?** Think big: family, health. Think small: heated seats, the existence of pizza.
- **One thing you’re grateful for about you today.** Self-love isn’t just for Sunday. What did you do today that deserves a high-five?
- **What made today different?** No day’s an exact repeat. What made today its own little story?

## Tips for Building the Habit

**1. Set an Alarm:** Sometimes the day gets away from us. Set a reminder to jot down some gratitude, just 2-3 minutes is all it takes.

**2. Don’t Overthink It:** Some days, your gratitude might be big and shiny; other days, it’s simply that your coffee didn’t taste like sadness.

**3. Share It:** Spread the good vibes! Share your gratitude journal moments on social (tag us!), and we might feature your post as inspiration for others.

**4. Go Wild with It!** Draw, doodle, add some color to your journal, anything that makes the practice feel like you.

## **Ready to Start?**

Whether you're here for inner peace, a fun way to start your day, or just to find a bit of joy in the everyday grind, we're here for it. Keep it fun, keep it real, and watch as this practice gives back in ways you might not expect.

Let's Rock this Planet!

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PS: Don't forget to come back tomorrow for another Kindness & Gratitude CoyDog Challenge!

**#CoyDogGratitudeChallenge**

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