

30 Ways in 30 Days

Are you looking for ways to get more gratitude in your attitude? Incorporate gratitude and positiveness into your life by using this daily plan to help you build the habit.

<p>1 Reset When you wake up this morning, before you think of anything else, take a few minutes to reset your outlook by thanking Jesus for the new day and what lies ahead of you.</p> 	<p>5 Time travel Look back down memory lane and write down five things about your past year or two that you remember fondly and are thankful for. Sign your name, and then put the list under Mom and Dad's door.</p>	<p>9 Spread it 'round Happiness is contagious. Spread a positive attitude around today by thinking, saying, and doing only those things that express your gratitude. Watch how quickly it catches on with others and makes them happy too.</p>	<p>12 Opportunities Thank Jesus for the different opportunities that you have in your life, whether with experiences, activities, education, hobbies, etc.</p>	<p>16 La-la-la Listen to a few songs today that get you thinking about Jesus. Close your eyes and let your mind rest on Him as you listen.</p> 	<p>20 Fast-forward When you begin your day, think of the most pressing, urgent, or challenging thing you're going to have to tackle today. Then thank Jesus ahead of time for how He's going to help you get through it or get it done.</p>	<p>24 Merry-go-round Tell each person in your immediate family something you appreciate about them.</p>	<p>28 Praise-centric During your time of prayer today, make a concerted effort to praise and thank Jesus for specific events in the day you are grateful for.</p>
<p>2 "Phone" in During the day, imagine "phoning" in to give Jesus an update. Talk about the things in your day that are bringing you joy or that you could use His help in.</p>	<p>6 U-turn When something or someone is bugging you today, use gratitude to turn your negative thoughts around and thank Jesus for something about that person.</p>	<p>10 Hello, me! Tune in to your body today as you exercise. Take deep breaths. Swing your arms. Feel your heart rate go up and down. Check out how well your joints work. Appreciate how wonderfully God made you.</p> 	<p>13 Homework Write a one- or two-stanza gratitude poem today incorporating the words "fluffy," "water," "strong," "green," and "love."</p>	<p>17 Out loud Praise Jesus out loud. Expressing your gratitude out loud can make it feel more "authentic" than when it's just in your mind.</p>	<p>21 I like me Take some time today to thank Jesus for five things you like about yourself. Then thank Jesus for how He made you.</p>	<p>25 Tabasco ... Tabbies ... Tabbouleh Using the first letter of your name, see how many things you can list that you're grateful for. Write down your list and post it on the kitchen fridge as a reminder.</p>	<p>29 Nature recharge Spend a few minutes outside in nature today. Talk to Jesus about what you like and how it reminds you of Him.</p>
<p>3 On the go Jogging to the park? Walking the dog? Doing your chores? Take time to think thankful thoughts every time you're on the move today.</p>	<p>7 Fill your heart Memorize this Bible verse: "This is the day the Lord has made; we will rejoice and be glad in it."¹</p>	<p>11 What if? Imagine a bad scenario—falling down the stairs, losing the house keys, spilling juice on yourself in front of someone you'd like to impress. Find something to thank Jesus for despite the calamity.</p> 	<p>14 Stretch it Stretch yourself by taking some time alone today to lift your hands in praise and let God's Spirit speak to your heart and bring you comfort and joy.</p>	<p>18 Blessing showers Thank Jesus for ten blessings that you have in your life and tell Him how those blessings have enhanced your life.</p>	<p>22 Messenger Think about someone who could use encouragement today. Write a short note or send a chat or text to that person to let them know you're thinking of them and/or of something you admire and appreciate about them.</p> 	<p>26 Dance off Play a song that makes you feel happy and gets you thinking about Jesus. Close your bedroom door and dance to it.</p>	<p>30 Heart to heart Talk to Jesus, your dearest friend. Tell Him the things that are on your heart and mind. Then take time to hear in your heart what He has to tell you.</p>
<p>4 Lift up another Encourage or compliment one of your siblings or friends today. Showing kindness to others through your words can lift your heart.</p>	<p>8 Inner child Think like a toddler today. Stop and take time to check out a cool bug. Inspect your fingers and toes. Feel the grass under your bare feet. Appreciate God's wonderful creation by taking time for the little things.</p>	<p>15 Peace and calm Close your eyes and listen to God's voice in your heart, experiencing a peace that can fill you from spending time listening.</p>	<p>19 G-R-A-T-I-T-U-D-E Using the letters of whatever day of the week it is (for example, S-U-N-D-A-Y), thank Jesus for something starting with each letter of the word.</p>	<p>23 Jesus in you When someone compliments you today, instead of refuting it, shrugging it off, or answering with a simple "thanks," give Jesus credit and lift Him up.</p>	<p>27 Count it out Think of five promises God has made to His children in the Bible and thank Him for them.</p>	<p>Print this out so you can put it into action and watch your gratitude attitude grow!</p> <hr/> <p>S&S Link: Character Building: Values and Virtues: Gratitude-2c and Christian Life and Faith: A Personal Connection with Jesus: Joyfulness-2a <i>Authored by Andrea Gianni, based on the writing of TFI. Illustrated by Evangeline. Designed by Roy Evans. Published by My Wonder Studio. Copyright © 2022 by The Family International.</i></p>	