

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.

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.



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.

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.

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.

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.

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.

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

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.

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.

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.



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.



12 Opportunities

Thank Jesus for the different opportunities that you have in your life, whether with experiences, activities, education, hobbies, etc.

13 Homework

Write a one- or two-stanza gratitude poem today incorporating the words "fluffy," "water," "strong," "green," and "love."

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.

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.

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.



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.

18 Blessing showers

Thank Jesus for ten blessings that you have in your life and tell Him how those blessings have enhanced your life.

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.

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.

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.

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.



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.

24 Merry-go-round

Tell each person in your immediate family something you appreciate about them.

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.

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.

27 Count it out

Think of five promises God has made to His children in the Bible and thank Him for them.

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.

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.

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.

¹ Psalm 118:24 NKJV

Print this out so you can put it into action and watch your gratitude attitude grow!

S&S Link: Character Building: Values and Virtues: Gratitude-2c and Christian Life and Faith: A Personal Connection with Jesus: Joyfulness-2a
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