

30 Days of Gratitude

Please join us for 30 days of inspiring prompts.



- ♥ Create a journal page,
- ♥ Write a poem,
- ♥ Take a photo or
- ♥ Jot down your thank you list to the universe.



Dip in and out throughout the month or challenge yourself with our daily practice.

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| day 1. start a practice | day16. a sense of sound |
| day 2. environment | day17. {guest post} |
| day 3. {guest post} | day18. small mail |
| day 4. health | day19. air |
| day 5. water | day20. {guest post} |
| day 6. {guest post} | day21. art/creativity |
| day 7. selflove | day22. voice |
| day 8. a sense of smell | day23. a sense of taste |
| day 9. learning | day24. {guest post} |
| day10. {guest post} | day25. books |
| day11. a sense of sight | day26. weather |
| day12. nature | day27. {guest post} |
| day13. {guest post} | day28. family/friends |
| day14. a sense of touch | day29. community |
| day15. color | day30. making a difference |

Together we will radiate beautiful energy out into the world.

yourheartmakesadifference.com