

## 30 Days of Gratitude | Dyersville Yoga Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p style="text-align: center;">Nov. 1</p> <p>Think of one thing you are grateful for and allow yourself time to "soak" it in. How do you feel that in your body?</p>	<p style="text-align: center;">2</p> <p><b>Contemplate one of your unique gifts or abilities.</b></p>	<p style="text-align: center;">3</p> <p>Consider a challenging situation that you have overcome and experience gratitude for the unexpected benefits.</p>
<p style="text-align: center;">4</p> <p>Look outdoors. Acknowledge the beauty of what's there.</p>	<p style="text-align: center;">5</p> <p>Pick one convenience in your life and be grateful for it!</p>	<p style="text-align: center;">6</p> <p>Think of a person who has waited on you and contemplate their effort.</p>	<p style="text-align: center;">7</p> <p><b>Hold your heart's attention on your family!</b></p>	<p style="text-align: center;">8</p> <p>What makes you feel a sense of "awe"? Hold your attention there until you really feel it.</p>	<p style="text-align: center;">9</p> <p>Look around you now. What are you grateful for?</p>	<p style="text-align: center;">10</p> <p>Pamper yourself in some way and be grateful!</p>
<p style="text-align: center;"><b>11</b></p> <p><b>Set an intention to notice "Kindness" in others today.</b></p>	<p style="text-align: center;">12</p> <p>Tell someone you appreciate them.</p>	<p style="text-align: center;">13</p> <p>Think of all the ways you are thankful for your body.</p>	<p style="text-align: center;">14</p> <p>Whatever the weather, step outdoors and feel it. Be grateful that you can be in it and experience it.</p>	<p style="text-align: center;">15</p> <p>Set a timer for 10 minutes. Write down as many things as you can that you appreciate.</p>	<p style="text-align: center;">16</p> <p>Before you fall asleep, think of 5 things that made you happy today.</p>	<p style="text-align: center;">17</p> <p>Relish your health and well-being.</p>
<p style="text-align: center;">18</p> <p>Be grateful for WATER and all the ways it appears in your day.</p>	<p style="text-align: center;">19</p> <p>Be grateful for your 5 senses. And appreciate them during the day.</p>	<p style="text-align: center;">20</p> <p>Do you take something for granted? Send appreciation for that person, place or thing.</p>	<p style="text-align: center;">21</p> <p><b>Appreciate your abundance!</b></p>	<p style="text-align: center;"><b>22</b></p> <p><b>What traditions are you grateful for?</b></p>	<p style="text-align: center;">23</p> <p>Before you eat, think of all the hands that made this meal possible.</p>	<p style="text-align: center;">24</p> <p>What's your favorite time of the day? Why?</p>
<p style="text-align: center;">25</p> <p>Who are the people you can count on?</p>	<p style="text-align: center;">26</p> <p>Consider all the loving ways you show up for YOURSELF!</p>	<p style="text-align: center;">27</p> <p><b>Send a thank you note.</b></p>	<p style="text-align: center;">28</p> <p><b>Who was kind to you today?</b></p>	<p style="text-align: center;">29</p> <p>Intend to notice how good life is today.</p>	<p style="text-align: center;">30</p> <p>Spend time in gratitude today. Embody the sensation.</p>	