

<b>31-Days of Gratitude</b>		
<b>Complete each act of gratitude any day between August 1-31</b>		✓
1	Greet everyone you see today. A small hello can help make someone's day!	
2	<b>Write a thank you note to an un-expecting coworker.*</b>	
3	Compliment yourself—say it while looking in the mirror, write it in a journal, or jot it on a sticky note and put it on your refrigerator.	
4	Write down one thing you are looking forward to in the next three months.	
5	Write down three things you love about yourself.	
6	Give encouragement and recognition to someone who is working hard.	
7	Take a picture of one thing, place, or person that makes you feel grateful.	
8	Talk to someone you haven't talked to in awhile, whether it be a phone call, text or email.	
9	Write a list of reasons why you love someone - and share it with that person!	
10	Use your senses to celebrate the little things. Enjoy the smell of coffee, savor that one piece of chocolate, observe the summer day.	
11	Write down one meaningful event that happened today.	
12	Write down the names of five people you are grateful to have in your life.	
13	Take a leisurely walk and enjoy the smell, sights and sounds.	
14	Offer someone a heartfelt compliment.	
15	Think about a tough situation in your life that helped you grow.	
16	Do a random act of kindness for someone.	
17	Make time to stop and breathe - just BE.	
18	<b>Hang positivity cards in your work area or share with others.*</b>	
19	Open a door for someone.	
20	Smile ear to ear at everyone you see - it's contagious.	
21	Offer to lighten the workload on a coworker, family member or friend.	
22	Schedule a date with yourself—an afternoon or evening that's all about you.	
23	Compliment someone on a talent, skill, or strength that you admire.	
24	Write down at least one thing you feel happy about accomplishing in life.	
25	Watch an inspiring video to help you stay focused on the good in the world.	
26	Enjoy a food that you love but don't have all the time.	
27	Reminisce about your favorite childhood experience, jot it down!	
28	<b>Write a thank you note to an un-expecting friend or family member.*</b>	
29	Take 10 minutes to stretch and relax.	
30	The next time you sit down to eat, imagine the sun's energy, the water, and the soil's nutrients that are contained within your meal.	
31	Have coffee or a meal with a friend.	

**\*Request thank you cards and positivity cards from the Wellness Initiative via email ([wellness@syr.edu](mailto:wellness@syr.edu)) or phone 315.443.5472**