

# 30 DAYS OF THANKS

30 small ways to show gratitude and thanks

1. Write a letter to someone.
2. Collect change lying around the house and donate it.
3. Give someone a compliment.
4. Hold the door open for someone.
5. What sense are you most thankful for?
6. Donate toys.
7. Thank your pets.
8. What convenience are you most thankful for?
9. Put someone's grocery cart back for them.
10. Thank someone who isn't expecting a thank you.
11. Thank a veteran.
12. What appliance in your home are you most thankful for?
13. Thank a teacher.
14. Thank your spouse or significant other.
15. Donate some warm clothes or toiletries to a nearby shelter

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16. Tell a store/restaurant manager how good your service was!
17. Thank someone who motivates or inspires you.
18. Send a card to a service member spending the holidays away from their families
19. Who in your life are you most thankful for? Tell them!
20. What part of your morning routine are you most thankful for?
21. Bake something for a neighbor, just because.
22. Thank an online friend who has become a true friend.
23. What show or movie are you most thankful for?
24. Thank an author whose books have impacted you.
25. Drop off a donation at a local foodbank.
26. Send someone happy mail!
27. What mode of transportation are you most thankful for?
28. Tell each of your family members a reason why you are grateful for them.
29. What comforting item are you most thankful for on a cold, icky day?
30. Give thanks to yourself.