

DR. MEG'S 14-DAY FAMILY GRATITUDE CHALLENGE

DAY 1

3 things in my home I am thankful for:

DAY 2

3 family members, I am thankful for:

DAY 3

3 things about/in school I am thankful for:

DAY 4

3 things outside that I am thankful for:

DAY 5

3 friends that I am thankful for:

DAY 6

3 things that happened today that I am thankful for:

DAY 7

3 things about myself that I'm thankful for:

DAY 8

3 things that money can't buy that I am thankful for:

DR. MEG'S 14-DAY FAMILY GRATITUDE CHALLENGE (continued)

DAY 9

3 things my parents do for me that I'm thankful for:

DAY 10

3 things that make me smile and laugh I am thankful for:

DAY 11

3 memories I have that I'm thankful for:

DAY 12

3 gifts I've received that I'm thankful for:

DAY 13

3 things that I'm pretty good at that I'm thankful for — my talents:

DAY 14

3 places I like to visit that I am thankful for:

EXTRA

I am thankful for my brothers and sisters because they...

EXTRA

I am thankful for someone I can't see (God, grandmother, grandfather, etc):
