

31 DAYS OF

Thankfulness



#31DaysToBeThankful

JIBPRINTS.COM

STEPS TO 31 DAYS OF

Thankfulness



OPEN UP

You can find things to be thankful for everywhere around you, you just need to pay attention. Was the walk with your dog particularly enjoyable today? Did you have a nice visit with a friend? Did you plan that trip you've been thinking about? Or you finally quit smoking /sugar /bad boyfriend? These are all great things to be thankful for!



WRITE IT DOWN

Each day, fill one of the hexagons on our 31 Days Of Thankfulness printable with the one thing that you are thankful for! Writing things down helps you process emotions and remember those moments. It will increase your levels of gratitude when your entire heart shape is filled by the end of January!



SHARE

Invite your family and friends to complete the 31 Days Of Thankfulness with you! It's a great activity to involve children in. Then, share your progress - it will encourage others to take part and share as well! Start anytime or join me in January on Instagram and share your daily gratitude by using the hashtag #31DaysToBeThankful

FILL YOUR HEART WITH GRATITUDE!!!