

30 Days of Gratitude Ramadan Challenge

1

What kind of food are you grateful for?

2

Who in your life are you grateful for?

3

What moment are you grateful for?

4

What skill are you grateful for?

5

What about your body are you grateful for?

6

What technology are you grateful for?

7

What smell are you grateful for?

8

What sights are you grateful for?

9

What books are you grateful for?

10

What tradition are you grateful for?

11

What colors are you grateful for?

12

What about your senses are you grateful for?

13

What season are you grateful for?

14

What challenge are you grateful for?

15

What sounds are you grateful for?

16

What places are you grateful for?

17

What in nature are you grateful for?

18

What invention are you grateful for?

19

What knowledge are you grateful for?

20

What role model are you grateful for?

21

What in this Ramadan so far are you grateful for?

22

What attribute of God are you grateful for?

23

What change are you grateful for?

24

What part of the day are you grateful for?

25

What character trait of the Prophet are you grateful for?

26

What voyage are you grateful for?

27

What Quranic verse are you grateful for?

28

What in day-to-day life are you grateful for?

29

What talent are you grateful for?

30

What blessings are you grateful for?

30 Days of Gratitude

Day 1-10

Ramadan Challenge

For Your Personal Use Only

1

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30 Days of Gratitude

Day 20-30

Ramadan Challenge

For Your Personal Use Only

21

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30

"...If you give thanks, I will give you more..." (14:7)

30 Days of Gratitude Ramadan Challenge

By MomCanDoThis.com

Day 1: What about your food are you most grateful for?

Day 2: Who in your life are you grateful for?

Day 3: What moment today or recently are you most grateful for?

Day 4: Which skill are you grateful for?

Day 5: What about your body are you especially grateful for?

Day 6: What technology are you grateful for?

Day 7: What smells are you grateful for?

Day 8: What sights are you thankful for?

Day 9: What books are you grateful for?

Day 10: What tradition are you grateful for?

Day 11: What colors are you grateful for?

Day 12: Be grateful for your senses. Name what makes you grateful for each.

Day 13: What season are you grateful for? What is good about the others?

Day 14: What challenge did you overcome and be grateful for?

Day 15: What sound are you grateful for?

Day 16 : What places you are grateful for?

Day 17: What in nature are you especially grateful for?

Day 18: What invention are you grateful for?

Day 19: What knowledge are you grateful for?

Day 20 : What role model that you had are you grateful for?

Day 21: What are you grateful for in this first 3 weeks of Ramadan?

Day 22: What attribute of God are you most grateful for?

Day 23: What change are you grateful for (now)?

Day 24: What part of the day are you grateful for?

Day 25: Which character trait of the Prophet are you grateful for?

Day 26: What travel are you grateful for?

Day 27: What passage or quote of the Quran makes you grateful?

Day 28: What things in your day-to-day life are you thankful for?

Day 29: What talent are you grateful for?

Day 30/Eid: What blessings are you grateful for?