


# 30 DAYS OF GRATITUDE

*for speech-language pathologists*

SUN	MON	TUE	WED	THU	FRI	SAT
Think of 2 great things about where you work.	Think of a simple pleasure that brings you joy.	Write down 3 things you're grateful for on sticky notes.	Put those sticky notes on your bathroom mirror.	Identify 3 thoughts that made you smile today.	Think about your favorite memory.	Send a thank you card or email to somebody special.
Be grateful for all of the food you eat today.	Think of a way somebody helped you today.	Listen to a song that makes you happy.	Think of a smell that brings back positive memories.	List 5 things that you love about yourself.	Think about an opportunity you've been given.	Think about 3 traits that make you a great SLP.
Look at pictures from the best vacation you've taken.	Think about something you're good at.	Think of a family member you're grateful for.	Tell 3 clients something you love about them.	Send an email to somebody that makes you a better SLP.	Think about a freedom you're grateful for.	Think of something great that's happened in the last year.
Think about the challenges you've overcome to be an SLP.	Thank somebody you were lucky to have met.	Think about your best therapy session ever.	Think about a life you've changed for the better.	Tell someone something you appreciate about them.	Compliment somebody. <small>Bonus: Add 3 of your own challenges to the end of this calendar.</small>	Do something that brings you joy.
Recall something beautiful you saw yesterday.	Think about 3 great things the future could have in store for you.	Bonus Day #1	Bonus Day #2	Bonus Day #3	 <b>SPEECHY</b> musings	