

# The Agile Self-Development Podcast

## 21 Days of Gratitude

---

[www.agileselfdevelopment.com](http://www.agileselfdevelopment.com)

|  |  |   |   |   |
|--|--|---|---|---|
| 1<br>What are you most grateful for today?                         | 2<br>What technology are you most grateful for?      | 3<br>What book are you most grateful for?                   | 4<br>What in nature are you most grateful for?                | 5<br>What activity or sport you most grateful for?            |
| 6<br>What season are you most grateful for?                        | 7<br>What sound are you most grateful for?           | 8<br>What movie are you most grateful for?                  | 9<br>What food or drink are you most grateful for?            | 10<br>What life lesson are you most grateful for?             |
| 11<br>What musician/band are you most grateful for?                | 12<br>What rejection are you most grateful for?      | 13<br>What about your job/career are you most grateful for? | 14<br>What about your body are you most grateful for?         | 15<br>What phone app are you most grateful for?               |
| 16<br>What about your home are you most grateful for?              | 17<br>What trait of yours are you most grateful for? | 18<br>What 3 people in your life are you most grateful for? | 19<br>What place have you traveled are you most grateful for? | 20<br>What splurge item you bought are you most grateful for? |
| 21<br>What are you most grateful for about this 21 day experience? |  |   |   |   |

---

Become your best self, one version at a time.