

21 DAY GRATITUDE CHALLENGE

Gratitude is both an attitude and a way of life.

In this 21 Day Gratitude Challenge, we invite you to give thanks through both reflection and action.

Circle your "why" for this gratitude challenge below. (Choose as many as you'd like or write your own!)

- To celebrate the good things that happened
- To become aware of the positive in my life
- To write down memories
- To give myself permission to feel happiness
- To humble myself
- To prioritize my mental health
- _____
- _____

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<p>REFLECT</p> <p>What is your favorite way to express gratitude and why? (Ex. Thank you note, act of service, gift, etc.)</p> <p style="text-align: center;"><input type="checkbox"/></p>	<p>ACT</p> <p>Extend your favorite expression of gratitude to someone who's been on your mind.</p> <p style="text-align: center;"><input type="checkbox"/></p>	<p>REFLECT</p> <p>Look through some old photos and choose your favorite memory. Why was that moment so special to you?</p> <p style="text-align: center;"><input type="checkbox"/></p>	<p>ACT</p> <p>Print the photo you chose and place it somewhere you'll see it every day.</p> <p style="text-align: center;"><input type="checkbox"/></p>	<p>REFLECT</p> <p>What is the most incredible meal you've ever had?</p> <p style="text-align: center;"><input type="checkbox"/></p>	<p>ACT</p> <p>Compliments to the chef! Write a five star review for the restaurant where you had an excellent meal. If it was homemade, send a thank you note to the person who made it.</p> <p style="text-align: center;"><input type="checkbox"/></p>	<p>REFLECT</p> <p>How is your first week of the Gratitude Challenge going? What have you learned so far?</p> <p style="text-align: center;"><input type="checkbox"/></p>
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<p>REFLECT</p> <p>Write a letter to your past self. Express your gratitude for how far you've come.</p> <p style="text-align: center;"><input type="checkbox"/></p>	<p>ACT</p> <p>Offer an ear or some advice. Share the wisdom of your past experience with someone who could use it.</p> <p style="text-align: center;"><input type="checkbox"/></p>	<p>REFLECT</p> <p>What is a community organization or nonprofit that you're glad exists? Why?</p> <p style="text-align: center;"><input type="checkbox"/></p>	<p>ACT</p> <p>Share or forward a campaign for a cause you're passionate about.</p> <p style="text-align: center;"><input type="checkbox"/></p>	<p>REFLECT</p> <p>Make a list of all the people who inspire you. What qualities do you admire about them?</p> <p style="text-align: center;"><input type="checkbox"/></p>	<p>ACT</p> <p>Unfollow any social media accounts that make you feel less than.</p> <p style="text-align: center;"><input type="checkbox"/></p>	<p>REFLECT</p> <p>What has been your favorite moment of the gratitude challenge so far?</p> <p style="text-align: center;"><input type="checkbox"/></p>
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<p>REFLECT</p> <p>What is the best compliment you've ever received?</p> <p style="text-align: center;"><input type="checkbox"/></p>	<p>ACT</p> <p>Pay someone a compliment.</p> <p style="text-align: center;"><input type="checkbox"/></p>	<p>REFLECT</p> <p>Describe one mistake you're grateful that you made.</p> <p style="text-align: center;"><input type="checkbox"/></p>	<p>ACT</p> <p>Treat yourself! And forgive yourself for a past mistake.</p> <p style="text-align: center;"><input type="checkbox"/></p>	<p>REFLECT</p> <p>Who is one person who has made a positive difference in your life? How have they impacted you?</p> <p style="text-align: center;"><input type="checkbox"/></p>	<p>ACT</p> <p>Reach out to a loved one. Thank them for everything they've done for you.</p> <p style="text-align: center;"><input type="checkbox"/></p>	<p>REFLECT</p> <p>How will you continue to carry and express gratitude beyond this challenge?</p> <p style="text-align: center;"><input type="checkbox"/></p>

Now that you've completed the 21 Day Gratitude Challenge, what are the 3 biggest lessons you've learned?
