

Gratitude Challenge

MONTH : _____

WEEK : _____

MONDAY

Call, text, or write a note to a friend, telling them why you are grateful for them.

TUESDAY

Express gratitude to one of your neighbors or co-workers with a conversation, text, or note.

WEDNESDAY

Find a way to express your gratitude to your spouse or loved one.

THURSDAY

Call, text, or write a note to someone at least 10 years older or 10 years younger than you, telling them why you are grateful for them.

FRIDAY

Find a way to express your gratitude to someone who has served you well in the community.

SATURDAY

Look for the good in someone that bothers you and let them know or journal a paragraph about it

SUNDAY

Find a way to express gratitude to someone who has made a positive impact on you, spiritually, or in your personal growth.

DAILY

Write at least one sentence of gratitude, or say a prayer specifically thanking God, for something you are thankful for