

# 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