

Attitude of Gratitude Challenge

Perspective, hope, and gratitude help you to see the big picture and appreciate all that is good in your life. Practicing gratitude regularly can lead to a more positive outlook, increase your overall happiness, improve your sense of well-being, make you more resilient and even give your immune system a boost! Try an attitude of gratitude for 21 days and see what a difference it can make!

Instructions:

1. Use the attached Weekly Gratitude Journals and writing prompts to practice gratitude each day.
2. For each day you complete, write one word or phrase below (or draw a picture) that best represents what you are grateful for that day.
3. At the end of the challenge, you will turn in this 21 day tracker but keep your personal weekly gratitude journals for yourself.
4. Complete 75% of the challenge and return your tracker in by **March 2, 2020** and you will be entered into a raffle for a variety of prizes. See page 5. Send tracker to Beth Piantoni, epiantoni@bhs1.rog or Fax (413) 395-7653

Name _____ Email: _____

<i>Day 1</i>	<i>Day 2</i>	<i>Day 3</i>	<i>Day 4</i>	<i>Day 5</i>	<i>Day 6</i>	<i>Day 7</i>
<i>Day 8</i>	<i>Day 9</i>	<i>Day 10</i>	<i>Day 11</i>	<i>Day 12</i>	<i>Day 13</i>	<i>Day 14</i>
<i>Day 15</i>	<i>Day 16</i>	<i>Day 17</i>	<i>Day 18</i>	<i>Day 19</i>	<i>Day 20</i>	<i>Day 21</i>

Week 1: Today, I am grateful that I have...

“It’s not happy people that are grateful, it’s grateful people that are happy.”

This week is all about being grateful for what you already have! It is so easy to fall into the trap of saying “I’ll be happy when I have...” but we know that living this way leads to unhappiness and as a result, stress and often times poor health.

Your task this week is to fill your daily gratitude journal with all the wonderful things you currently have in your life. Each day, write down at least 3 things you are particularly grateful for that day. Here are some prompts to get you thinking:

- Write about a person in your life.
- What activities and hobbies would you miss if you were unable to do them?
- What do you take for granted daily that you can be thankful for? (Your alarm clock, coffee, car, bed, hot shower, etc.)
- What materialistic items are you most grateful for?
- How is where you are in life today different than a year ago—and what positive changes are you thankful for?

DAILY GRATITUDE JOURNAL	
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

Week 2: Today, I love myself because...

“The best way to be loved, is to love yourself”

This week is all about loving yourself! It is easy to beat yourself up, but what’s the point? Instead let’s celebrate your strengths (and don’t be humble)!

Your task this week is to fill your daily gratitude journal with anything you love about yourself. Try to think of at least 3 things each day. Here are some prompts to get you thinking:

- What skills are you thankful to have?
(You communicate well, you’re a good cook, etc.)
- What are your strengths?
(Kindness, honesty, leadership, resilience, etc.)
- List 3 body parts that you’re grateful for and why.
(i.e. long arms to reach high cabinets)
- Did you do anything nice for someone else today?
- What did you accomplish today?
- If you were going to write yourself a thank you card, what would you write?

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SUNDAY	

Week 3: Today, I am grateful for...

“Life is a gift. Never forget to enjoy and bask in every moment you are in.”

Your task this week is to fill your daily gratitude journal with everything you love about the world around you.

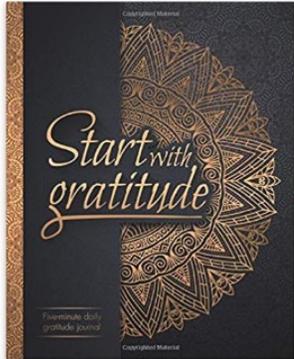
Try to think of at least 3 things each day that are beautiful or help you to live a happier life. Here are some prompts to get you thinking:

- What about the city you live in are you grateful for?
- What do you love most about your home?
- What elements of nature are you grateful for and why?
- Who helped you today?
- What is something you’re grateful to have learned this week?
- What aspects of your work environment are you thankful for?
- Pick one of your five senses and write about the gift that come to you via that single sense today.

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Prizes

Start With Gratitude: Daily
Gratitude Journal



HydroMATE Half Gallon Motivational Water Bottle
with Time Marker Large BPA Free Jug with Handle
Reusable Leak Proof Bottle Time Marked to Drink
More Water Daily 64oz



HoMedics Silver Springs Indoor Relaxation Fountain



Chanasya Hope Faith Love Joy Inspiring Message
Gift Throw Blanket

