

30 Days of Gratitude Challenge

Having a mindset of gratitude has been proven to be associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.



What is the 30 Days of Gratitude Challenge?

This wellness challenge is designed to help you harness the power of gratitude in both your professional and personal life. **Each day set some time aside and choose an activity of gratitude from below to help you express gratitude and better appreciate the little things in life. Check off the things you've tried and make note of what works for you!**

- | | | |
|-------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Write down three things that you are thankful for. | <input type="checkbox"/> Spend time with loved ones. | <input type="checkbox"/> Catch a coworker doing a good job and thank them for it. |
| <input type="checkbox"/> Express gratitude to at least one important person in your life. | <input type="checkbox"/> Go outside and appreciate the beauty of nature. | <input type="checkbox"/> Think of a way that someone helped you today. |
| <input type="checkbox"/> Go one full day without complaining. | <input type="checkbox"/> Do something nice for a co-worker. | <input type="checkbox"/> Write down one thing that you appreciate about your boss. |
| <input type="checkbox"/> Practice Mindfulness for 10 minutes. | <input type="checkbox"/> List one thing that you like about your job. | <input type="checkbox"/> Notice positive traits about your colleagues. |
| <input type="checkbox"/> Make an effort to smile more throughout the day. | <input type="checkbox"/> Spend the day being an optimist. | <input type="checkbox"/> Think of something great that has happened to you in the last year. |
| <input type="checkbox"/> Engage in a random act of kindness. | <input type="checkbox"/> Write down two things that you like about yourself. | <input type="checkbox"/> Write a thank-you note to a colleague. |
| <input type="checkbox"/> Recognize today is a gift. | <input type="checkbox"/> Recognize one thing that you usually take for granted. | <input type="checkbox"/> Refrain from gossip or speaking negatively about others. |
| <input type="checkbox"/> Spend 30 minutes practicing self-care. | <input type="checkbox"/> Write about your favorite part of the workday. | <input type="checkbox"/> Compliment a stranger. |
| <input type="checkbox"/> Write down one thing you appreciate about a co-worker. | <input type="checkbox"/> Think of what you're grateful for before going to bed. | <input type="checkbox"/> Express your thankfulness for life's hardships. |
| <input type="checkbox"/> Write thank-you notes to two people in your life. | <input type="checkbox"/> Sign up to volunteer for a day in your community. | <input type="checkbox"/> Start a gratitude journal. |



The Benefits of Gratitude & How to Get Started

What is Gratitude?

Gratitude is defined as the state of being grateful. It involves expressing thanks or appreciation for something. It involves recognition of the positive things in your life and how they affect you.

Ways to Practice Gratitude:

- **Gratitude Journaling:** keep a diary of things you are grateful for every day. For example, describe a favorite moment from the day, describe a special person in your life or list 3-5 things you are grateful for that day.
- **Gratitude Mapping:** create a visual mood board of everything you are grateful for and place this somewhere in your home to remind yourself every day.
- **Gratitude Jars:** whenever something good happens or you feel thankful for something, write it down on a piece of paper and put it in a jar. Next time you are feeling down, give the jar a shake and pick out one slip of paper.
- **Meditation:** mindfulness meditation involves focusing on the present moment without judgement; however, it is possible to focus on what you are grateful for. To do this, remember the past, both good and bad. Reflect on how far you have come since then. This helps to put the present into context and helps you feel grateful for what brought you to this point.
- **Write a Thank-you Note:** write a thank-you letter to someone in your life to express your enjoyment and appreciation of that person's impact on your life. Send it or deliver it in person, if possible. Make a habit of sending at least one gratitude letter a month (write one to yourself once in a while too).
- **Count Your Blessings:** pick a time every week to sit down and write about your blessings. Reflect on what went right or what you are grateful for. As you write, be specific and think about the sensations you felt when something good happened to you.

Health Benefits of Practicing Gratitude:

- **Boosts the Immune System:** gratitude can contribute to an overall sense of well-being. Stress lowers the immune response and increased mental well-being can help your body fight off illness.
- **Improves Mental Health:** practicing gratitude has been shown in research to ease symptoms of anxiety and depression and create positive feelings.
- **Improved Relationships:** gratitude plays a key role in forming relationships and strengthening old ones.
- **Improves Physical Health:** grateful people are more likely to take care of their health by exercising more and attending regular provider check-ups.
- **Enhances Empathy and Reduces Aggression**
- **Promotes Better Sleep:** a study found spending 15 minutes writing down things you are grateful for before bed can promote better and longer sleep.
- **Can Improve Self-Esteem:** studies have found gratitude reduces social comparisons and increases appreciation for other people's accomplishments.



SOURCES: <https://www.healthline.com/health/benefits-of-gratitude-practice>, <https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier#:~:text=In%20positive%20psychology%20research%2C%20gratitude,express%20gratitude%20in%20multiple%20ways>, <https://www.psychologytoday.com/us/blog/what-mentally-strong-people-dont-do/201504/7-scientific-proven-benefits-gratitude>

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Gratitude Journal Challenge

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What is the Gratitude Journal Challenge?

This wellness challenge is designed to help you harness the power of gratitude in all aspects of your life.

Each day set some time aside & write a sentence to express gratitude & better appreciate little things in life.

TODAY I'M THANKFUL FOR:

DAY 1	_____	DAY 16	_____
DAY 2	_____	DAY 17	_____
DAY 3	_____	DAY 18	_____
DAY 4	_____	DAY 19	_____
DAY 5	_____	DAY 20	_____
DAY 6	_____	DAY 21	_____
DAY 7	_____	DAY 22	_____
DAY 8	_____	DAY 23	_____
DAY 9	_____	DAY 24	_____
DAY 10	_____	DAY 25	_____
DAY 11	_____	DAY 26	_____
DAY 12	_____	DAY 27	_____
DAY 13	_____	DAY 28	_____
DAY 14	_____	DAY 29	_____
DAY 15	_____	DAY 30	_____



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