

12

Days **OF**
Gratitude
CHALLENGE

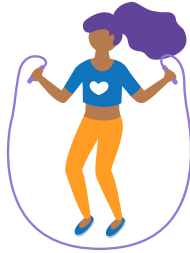


Welcome to the 12 Days of Gratitude Challenge!

Me Monday

DAY 1

THINK ABOUT WHAT MAKES YOU UNIQUE. Write down five things that you like about yourself — whether it's something about your personality, your values, your accomplishments, or your style.



Thoughtful Tuesday

DAY 2

NOTICE THE LITTLE THINGS. As you travel to work, look around and see if you notice anything particularly pretty or interesting.



Worksite Wednesday

DAY 3

IDENTIFY THREE POSITIVE THINGS you're thankful for at work — such as a supportive co-worker, the coffee shop downstairs, or a project you really enjoy working on.



Thankful Thursday

DAY 4

WRITE A THANK YOU NOTE OR EMAIL to a person that has positively impacted your life. If you have time, call them to express your feelings!



Favorite Friday

DAY 5

THINK ABOUT SOMETHING YOU REALLY LOVE — your favorite place to be, your favorite food, your favorite activity. Write about why you love it so much and how it makes you feel.



Social Saturday

DAY 6

THINK ABOUT THREE PEOPLE in your life that you are grateful for — a teacher, mentor, neighbor, family member, or friend. Write about how your life would be different without those people.



Self-Care Sunday

DAY 7

APPRECIATE YOURSELF BY PRACTICING SELF CARE. Spend 10-15 minutes today doing something you enjoy — whether that's calling a friend, relaxing on the couch with your favorite book, or taking a few minutes to practice deep breathing before bed.



Me Monday

DAY 8

CHECK IN WITH YOUR BODY. Sit quietly with your eyes closed. Starting with your toes, assess each part of your body for tension and discomfort. Breathe deeply and think about relaxing each muscle. If a thought enters your mind, let it go.



Thoughtful Tuesday

DAY 9

THINK ABOUT A CHALLENGING TIME IN YOUR LIFE. How did you overcome it? What did you learn from it? What inspires you to keep going when times are hard?



Worksite Wednesday

DAY 10

WRITE A THANK YOU NOTE OR EMAIL to a co-worker that deserves recognition.



Thankful Thursday

DAY 11

SET A TIMER FOR TWO MINUTES and write down as many things as you can think of that make you happy.



Finale Friday

DAY 12

MAKE A PLAN to keep up your gratitude practice. Set a timer or download an app on your phone to track your gratitude on the go.



Gratitude 101

What is gratitude?

Gratitude is a positive emotion that results from being thankful. Gratitude is about taking time to **recognize**, **acknowledge**, and **appreciate** the goodness in life — no matter how big or how small.

Why practice gratitude?

People who regularly practice gratitude tend to live healthier, happier lives. Gratitude is like a muscle — the more you practice it, the more your gratefulness will grow.

Benefits of gratitude

Gratitude can help you:



Reduce stress and improve your mood



Boost your immune system



Feel more joy and compassion



Cope with adversity



Improve your sleep



Improve your overall physical and mental well-being



Protect your heart



Feel more connected to your community and loved ones