

GRATITUDE CHALLENGE PROMPTS

In your journal, express gratitude for:

- 1 An activity you enjoy doing
- 2 Someone you love
- 3 An important life lesson
- 4 A recent photo in your gallery (on your phone?)
- 5 Something you're proud of
- 6 Something you let go of
- 7 Someone who helped you
- 8 A memory you adore
- 9 Something you've seen in nature
- 10 A comfort you enjoy
- 11 Something in your city/town
- 12 An item in your home that brings you joy
- 13 A food that nourishes you
- 14 A movie/show/book that you look forward to
- 15 A piece of technology
- 16 A good quality about you
- 17 Someone you interact with at work
- 18 Something you use every day
- 19 Something in/about your body
- 20 Being alive, living life
- 21 For planet Earth



WHY SHOULD YOU TAKE THE GRATITUDE CHALLENGE?

- 1 You'll develop a good habit.** Research continually shows it takes 21 days to make or break a habit, so why not form a good one? You have one straight-forward and well-defined task to finish each day of noticing good things in your life while checking another task off your list.
- 2 You'll become more mindful and self-aware.** Even though an attitude of gratitude usually comes as a result of practicing mindfulness, things can go the other way around too. The challenge will ask you to focus on positive things and live your life one moment at the time. When you become grateful, you will be aware of what you have rather than longing for what you don't. On the other hand, as soon as you start expressing thanks, you will become more aware of your behavior, cognition, and emotions. You will realize that feelings are temporary, but significant, and that your actions can leave positive effects on others too.
- 3 You'll sleep better.** Researchers explain this correlation like this: gratitude leads to having more positive and fewer negative thoughts at bedtime, which limits ruminations and offers a good night's sleep. So, why wouldn't you try counting blessings instead of sheep when you lay to bed? You won't lose anything, but you might gain a few hours of restful sleep.
- 4 Your interpersonal relationships will benefit, too.** Gratitude inspires us to notice the good things people do for us and give back in the same manner. While participating in our gratitude challenge, you will be asked to turn to your partner, friends, relatives, colleagues and community, recognize their effort and perform a random act of appreciation.
- 5 Your stress level will drop.** You won't instantly start living a stress-free life, but daily stressors will have a much lesser impact on your mood. Feeling grateful helps us to detach from stressful periods and savor a positive memory instead. This switch in our focus, from negative or neutral to positive aspects of life, can improve our well-being and decrease stress.
- 6 You'll get a career boost.** Unfortunately, the data says people express gratitude the least at their workplace while they would like to be appreciated by their colleagues and superiors at the same time. If you decide to accept the gratitude challenge, this will change for you. You will learn how to recognize the effort and say thanks, which will help you network, improve your decision making and increase productivity. At the same time, you will contribute to making your workplace a more friendly and enjoyable environment.