

# 2 WEEK GRATITUDE CHALLENGE

## What's The Gratitude Challenge?

Throughout this season of uncertainty and social distancing, the “Gratitude Challenge” encourages people to deeply reflect on the topic of gratitude. By participating in a daily gratitude challenge, it helps you to consider all that is good in your life. It creates a moment for reflection and changes negative thinking patterns in your brain. Plus, it offers moments to show your appreciation toward others.



# 2 Week Gratitude Challenge

## Day 1

### Define Gratitude

What does gratitude mean to you? Write it down or reflect on it, or have a conversation about what it means to be grateful.

Have you shown gratitude in the last 24 hours? How did it feel?

## Day 2

### Write it Down

Consider writing down one thing you're grateful for each day. Big or little, reflect on all the good in your life.

## Day 3

### Say Thank You

The two magic words we learned as children are often forgotten in our daily interactions with others. Give thanks for gestures others do for you, big and small.

## Day 4

### Say Morning Gratitude Affirmations

Upon waking, consider having a mantra to repeat throughout the day. Keeping it short will help you remember to silently repeat it during challenging moments.

## Day 5

### Send a Thank You Card

No email. No text. Write a good old-fashioned thank you card. Send it to someone who's made a difference in your life.

## Day 6 & 7

### Offer a Moment of Silence in Gratitude

When nothing seems to be going right, take a moment to pause. What *is* going right in your life? If you search for it in the moment of chaos, it will help center your thought process.

## Day 8

### Show Someone You Love Them

It can be as simple as making their favorite meal. Or doing the dishes if they dislike that task. Let your loved ones know you appreciate them in little ways.

## Day 9

### Pay it Forward

Do something nice for someone else. Don't ask for anything in return except for them to pay it forward themselves.

## Day 10

### Get Social

Capture an image of what you're grateful for and post it to social media. Use [#gratitudechallenge](#).

## Day 11

### Focus on You

Take a day to focus on your life. Embrace a day of being able to do what you love whether it's painting, writing, working out, dancing, or even treating yourself to a nice meal.

## Day 12

### Call a Friend

Has it been a while since you've called your best friend? Give them a jingle. They'll love to hear your voice. Let them know why you're glad they're in your life.

## Day 13 & 14

### Take it All in

If you've written a daily gratitude list, look it over. Circle your favorite reflections. Consider how you can continue to show appreciation and gratitude in your daily life moving forward.

