



## Gratitude Challenge

The goal of this wellness challenge is to take time out of each day to reflect on what you are grateful for. Below are some prompts you can use, or you can just set aside some time each day to focus on different aspects of your life you are grateful for and why. If you are feeling extra motivated, consider keeping a gratitude journal in which you can document things you appreciate and are thankful for.

- Who in your life you are grateful for?
  - What memories are you most grateful for?
  - What lesson in life are you most grateful for experiencing?
  - What about your job are you grateful for?
  - What parts of your daily life are you most grateful for?
  - What about your home are you most grateful for?
  - What rejection in life are you grateful for?
  - What about your body are you most grateful for?
  - What skill(s)/abilities are you grateful for?
  - What books are you most grateful for?
  - What music are you most grateful for?
  - What invention(s) are you most grateful for?
  - What sights are you grateful for?
  - What sounds are you grateful for?
  - What smells are you grateful for?
  - What tastes are you grateful for?
  - What about the people you love the most are you grateful for?
  - Create a list of things you are grateful for from A-Z
  - What TV shows/movies are you grateful for?
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