



# 7 DAY GRATITUDE CHALLENGE

*Can you complete the gratitude challenge?*

## DAY 1

Gratitude for others- Name 2 people you are grateful for & send them a note.

## DAY 2

Gratitude for yourself- Draw a self-portrait.

## DAY 3

Gratitude for family- Compliment your family members and create a family tree.

## DAY 4

Gratitude for laughter- Watch a funny show or movie or tell a funny joke.

## DAY 5

Gratitude for nature- Go outside and notice it's beauty. Name what you see.

## DAY 6

Gratitude for your abilities- Do something that you enjoy!

## DAY 7

Gratitude for memories- Look at old photos.