

# AWESOME INC. 30 DAY GRATITUDE CHALLENGE

IN JUST 30 DAYS YOU CAN CHANGE YOUR PERSPECTIVE,  
CHANGE YOUR THOUGHTS AND CHANGE YOUR LIFE

## DAY 1 LISTEN

Pause for a moment and really listen to the sounds around you

## DAY 2 NATURE

Take a walk in some green space. Breathe in the magic

## DAY 3 BODY

Appreciate what it allows you to do and feel? Is it strong, soft, warm?

## DAY 4 PEOPLE

Send a message to someone who has helped you and thank them

## DAY 5 BILLS

Take a moment to appreciate what they allow you to do

## DAY 6 WORDS

Take some time to slow down and read a book today

## DAY 7 TRANSPORT

Appreciate how it is there for you to go from A to B and back again

## DAY 8 MUSIC

Put on your favourite song, and dance around the room

## DAY 9 WEATHER

Give thanks for our changing weather and how it makes life interesting

## DAY 10 HOME

Cozy up on the couch with a warm drink and enjoy it

## DAY 11 FRIENDS

Catch up with some friends and tell them you are grateful they are in your life

## DAY 12 BUSINESS

Support a local business today, and tell them you appreciate them

## DAY 13 PETS

Hug your pet, post a picture of them on our Facebook page and tell us about them

## DAY 14 FOOD

Eat some food that feeds your soul and really savour it

## DAY 15 PAMPER

Allow yourself at least 30 mins to take a bath, put on a facemask, soak your feet...

## DAY 16 BED

Go to bed early and think of 3 things that went well today

## DAY 17 FUN

Do something fun today that makes you feel alive

## DAY 18 TOUCH

Appreciate the power of a hug or holding hands with a loved one, then do it

## DAY 19 DE-STRESS

Take some time to do a mindfulness exercise like colouring in

## DAY 20 DRINK

Make sure you get enough water today, then think about how it fuels you

## DAY 21 LAUGH

Watch a funny movie or video, or spend time with a friend you makes you laugh

## DAY 22 GOALS

Create a vision board or set just 1 goal you want to achieve in the next year

## DAY 23 ART

Spend some time creating it or appreciating it, and involve a friend

## DAY 24 CONNECT

Ring someone you haven't spoken to in a while

## DAY 25 AFFIRM

Write down three affirmations using the words 'I AM' eg. I am confident, I am unique...

## DAY 26 MEDITATE

Spend just 10 mins meditating ... in the shower, on the bus, in the sun...

## DAY 27 PURGE

Get rid of the things you don't need or don't serve you anymore

## DAY 28 BE KIND

Do a random act of kindness... pay for someone's coffee, give a compliment...

## DAY 29 CELEBRATE

Pat yourself on the back and celebrate a recent win, big or small

## DAY 30 JOURNAL

Write down five things you are grateful for, why, and how it made you feel

JOIN IN ON SOCIAL MEDIA...

[WWW.THEAWESOMEINC.CO.NZ](http://WWW.THEAWESOMEINC.CO.NZ)

 awesomeendsinme  awesomeinc\_nz #30daysofgratitude #awesomeinc #resilientme