

5-DAY GRATITUDE CHALLENGE

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**REFLECT ON YOUR
BLESSINGS**



**GRATITUDE FOR PEOPLE
IN YOUR LIFE**



**GRATITUDE FOR YOUR
BODY**



**GRATITUDE FOR THE
PRESENT MOMENT**



**GRATITUDE FOR
CHALLENGES AND GROWTH**

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DAY 1

REFLECT ON YOUR BLESSINGS

Objective: Start by identifying three things you're grateful for today. These can be big or small – the key is to focus on the positives in your life.

Instructions:

- Take a few minutes to sit quietly and think about what brings you joy, comfort, or peace.
- Write down three things you're grateful for today.
- Keep this list handy – you'll add to it each day.

DAY 2

GRATITUDE FOR PEOPLE IN YOUR LIFE

Objective: Focus on the people who have made a positive impact in your life.

Instructions:

- Choose one person you're thankful for — it could be a friend, family member, mentor, or colleague.
- Write a note or message to them expressing your gratitude. It could be a text, email, or even a letter.
- If possible, let them know how they've positively influenced your life.

DAY 3

GRATITUDE FOR YOUR BODY

Objective: Take a moment to appreciate your body and its capabilities.

Instructions:

- Stand in front of a mirror, close your eyes, and take a deep breath.
- Think about how your body supports you each day. Whether it's giving you the energy to work, walk, or simply breathe, give thanks for it.
- Write down three things you are grateful for about your body.

DAY 4

GRATITUDE FOR THE PRESENT MOMENT

Objective: Embrace the present moment and practice mindfulness.

Instructions:

- Take 10 minutes to sit quietly and focus on the here and now. Try not to think about the past or future — just be present.
- Focus on the sensations around you: the sounds, the temperature, the feeling of the ground beneath you.
- Reflect on how being present can enhance your gratitude and awareness.

DAY 5

GRATITUDE FOR CHALLENGES AND GROWTH

Objective: Recognize how challenges have shaped your growth and resilience.

Instructions:

- Think about a challenge you've overcome, no matter how big or small. It could be personal, professional, or emotional.
- Reflect on what you've learned from this experience and how it's helped you grow.
- Write down at least one way that challenge has made you stronger or more appreciative of life.

Congratulations!

YOU DID IT!

Final Reflection:

- As you complete the 5-Day Gratitude Challenge, take a moment to look back at your notes.
- Reflect on the shifts you've experienced and how gratitude has influenced your mindset.
- Continue to incorporate gratitude into your daily life — the more you practice, the more you'll begin to see its positive effects.

I'd love to hear from you! If you've completed the challenge and noticed any positive changes in your life, please reach out by [leaving a comment on any of my videos](#). Let me know how the challenge impacted you — I'd love to celebrate your progress with you!