21-Day Gratitude Challenge

Wollstonecraft

COACHING

The Gratitude Challenge

- Psychology Today published the seven scientifically proven benefits to expressing gratitude.

  - Gratitude opens the door to more relationships.
  - Gratitude improves physical health.
  - Gratitude improves psychological health.
  - Gratitude enhances empathy and reduces aggression.
  - Grateful people sleep better.
  - Gratitude improves self-esteem.
  - Gratitude increases mental strength.

"Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity...it makes sense of our past, brings peace for today, and creates a vision for tomorrow." -Melody Beattie

The Gratitude Challenge

- **Day 1**: What insights in your life have you gained that you are grateful for?
- **Day 2**: What abilities do you have that you're grateful for?
- **Day 3:** What challenge are you grateful for?
- **Day 4:** What is a fear you're grateful to have overcome?
- **Day 5:** In the past year, what have you learned about yourself that you are grateful for?
- **Day 6:** What have others in your life done that you're thankful for?
- **Day 7:** Who do you appreciate?
- **Day 8:** Who is someone you have never met that you're grateful for?
- **Day 9:** What is different today than it was a year ago that you're thankful for?
- **Day 10:** How do you feel fortunate in your life?

"Enjoy the little things, for one day you may look back and realize they were the big things." -Robert Brault

The Gratitude Challenge

- **Day 11:** What insights have you gained that you are grateful for?
- **Day 12:** What about your surroundings (home/community) are you thankful for?
- **Day 13:** What have others done that you're benefiting from in your life? (discovering electricity..)
- **Day 14:** What are you able to offer others that you're grateful for?
- **Day 15:** What positive values did you acquire as a result of childhood influences?
- **Day 16:** What specific thing, pertaining to your health, are you grateful for?
- **Day 17:** What is a lesson you've recently learned?
- **Day 18**: What character trait do you love most about yourself?
- **Day 19**: When was a time you were grateful for something a friend did for you?
- **Day 20**: What are 5 things you're grateful for in this moment?
- **Day 21**: How will you incorporate the habit of focusing on gratitude tomorrow?

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them." -John F. Kennedy