

AN OPTIMISTIC WORKBOOK

GRATITUDE CHALLENGE

by Amber LaTrece

Stay Grateful!

**"BEING
GRATEFUL WILL
ALWAYS
ADJUST YOUR
PERCEPTION,
ATTITUDE AND
OUTLOOK ON
LIFE!"**

**~ AMBER
LATRECE**

INSTRUCTIONS

CHALLENGE

Hey Y'all!

First, I want to Thank Y'all for taking this journey with me! Here's how it works:

- 1.) Check out the questions for the week
- 2.) Choose 1 question to answer per day
- 3.) Complete steps 1-2 for the entire month
- 4.) Reflect on the month
- 5.) Complete and return the feedback form at the end

I truly appreciate you guys taking this journey with me! I can't wait to see what y'all think!

Thanks!

~Amber LaTrece

DAYS 1 - 7

**WHAT'S THE BEST THING THAT
HAPPENED TODAY?**

**WHAT ABOUT TODAY HAS BEEN
BETTER THAN YESTERDAY?**

**WHAT MADE YOU LAUGH OR
SMILE?**

**WHAT'S THE WEATHER LIKE, AND
WHAT'S ONE GOOD THING ABOUT
THAT?**

WHAT WENT WELL YESTERDAY?

WHAT DID YOU LEARN, AND HOW
WILL THIS LESSON BENEFIT YOU
GOING FORWARD?

WHAT'S THE MOST BEAUTIFUL
THING YOU SAW TODAY?

NOTES

*"GRATITUDE TURNS WHAT WE HAVE INTO ENOUGH."
~ANONYMOUS*

DAYS 8 - 14

WHAT'S ONE KIND THING THAT
SOMEONE DID FOR YOU THIS
WEEK?

HOW HAVE YOUR SPIRITUAL
BELIEFS OR GENERAL PRACTICES
FULFILLED YOU THIS WEEK?

WHAT'S SOMETHING THAT
INSPIRED YOU?

WHAT'S ONE THING SOMEONE
DID TO MAKE YOUR LIFE
EASIER THIS WEEK?

WHAT'S A NON-PHYSICAL GIFT
YOU RECEIVED—SOMEONE'S TIME,
ATTENTION OR SUPPORT?

WHO HAVE YOU ENJOYED
CONNECTING WITH IN THIS
SEASON, AND WHY?

HOW HAVE YOU ENJOYED USING
YOUR TALENTS/ABILITIES THIS
WEEK?

NOTES

*"TODAY I CHOOSE TO LIVE WITH GRATITUDE FOR THE LOVE THAT FILLS
MY HEART, THE PEACE THAT RESTS WITHIN MY SPIRIT, AND THE VOICE
OF HOPE THAT SAYS ALL THINGS ARE POSSIBLE."
~ ANONYMOUS*

DAYS 15 - 21

**WHAT'S ONE THING YOU ENJOY
DOING ?**

**WHAT'S ONE THING YOU DID TO
HELP SOMEONE ELSE THIS WEEK?
HOW DID IT MAKE YOU FEEL?**

**WHAT'S ONE EVENT OR
INTERACTION THAT MADE YOU FEEL
GOOD ABOUT YOURSELF?**

**HOW HAVE YOU MADE
PERSONAL OR PROFESSIONAL
PROGRESS THIS WEEK?**

WHAT SIMPLE PLEASURES DID
YOU ENJOY—OR CAN YOU
ENJOY?

WHAT HAVE YOU SEEN IN NATURE
RECENTLY THAT MADE YOU FEEL
HAPPY, PEACEFUL, OR FREE?

WHAT'S SOMETHING THAT MADE
YOU HAPPY, AND HOW HAS IT
IMPROVED YOUR LIFE?

NOTES

*"BE THANKFUL FOR WHAT YOU HAVE; YOU'LL END UP HAVING MORE. IF
YOU CONCENTRATE ON WHAT YOU DON'T HAVE, YOU WILL NEVER, EVER
HAVE ENOUGH."
~OPRAH WINFREY*

DAYS 22 - 28

WHAT'S SOMETHING ENJOYABLE
YOU EXPERIENCED TODAY?

WHAT'S THE BEST THING
THAT HAPPENED THIS WEEK?

WHAT ABOUT THIS WEEK, HAS
BEEN BETTER THAN LAST WEEK?

WHAT MADE YOU LAUGH OR SMILE
TODAY?

WHAT'S ONE KIND THING THAT
SOMEONE DID FOR YOU THIS
WEEK?

WHAT'S SOMETHING THAT
MADE YOU HAPPY, AND HOW
HAS IT IMPROVED YOUR LIFE?

HOW HAVE YOU MADE
PERSONAL OR PROFESSIONAL
PROGRESS?

NOTES

*"BEING GRATEFUL WILL ALWAYS ADJUST YOUR PERCEPTION,
ATTITUDE AND OUTLOOK ON LIFE!"*

~AMBER LATRECE

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DAYS 29 - 30

WHAT WAS THE GREATEST LESSON
OR SKILL YOU LEARNED THIS
MONTH?

WHAT ARE YOU MOST GRATEFUL
FOR THIS MONTH?

NOTES

30-DAY RECAP

WHAT'S SOMETHING YOU DID
WELL THIS MONTH?

WHAT'S THE KINDEST THING
SOMEONE DID FOR YOU THIS
MONTH?

WHAT HAVE YOU LEARNED THIS
MONTH THAT WILL HELP YOU NEXT
MONTH?

NOTES

WHAT YA THINK?

LIKES?

DISLIKES?

CHANGES?

COMMENTS?

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