



# Daily Gratitude Challenge



Keep a journal of positive daily events to boost your mental health and perspective

## CHALLENGE DESCRIPTION:

Welcome to the Daily Gratitude Challenge! This is a journey towards cultivating a habit of gratitude that can enrich your life in numerous ways. Over the next 30 days, you'll be invited to pause, reflect, and appreciate the various aspects of your life that contribute to your well-being.

## WHAT IS GRATITUDE?

Gratitude is more than just saying 'thank you.' It's a deeper feeling of appreciation for people, places, things, and events in our lives. It's about noticing the good and acknowledging its source. Studies have shown that practicing gratitude can lead to:

- Increased happiness
- Reduced depression
- Improved relationships

Gratitude has a profound impact on our mental health. It shifts our focus from what's lacking to the abundance that's already present. This positive mindset can **reduce stress, enhance self-esteem, and foster resilience**.

## THE CHALLENGE

Each day of this one-month challenge, you'll receive a prompt to guide your reflection. You may either follow the prompt or write down at least three things you're grateful for on that day and try to be as detailed as possible.

# DAILY GRATITUDE



1

Name someone who made a positive impact on your life.



2

What's a simple pleasure that you enjoyed today?



3

Reflect on a challenge you've overcome this week.



4

Acknowledge something beautiful within your surroundings.



5

Think of a skill or talent you have and how it makes you feel.



6

Recall a happy memory and the feelings it brings.



7

Identify a lesson learned this week and its value in your life.



8

Describe a moment today when you felt grateful.



9

Write about a place where you feel completely at peace.

# DAILY GRATITUDE

10



Reflect on a book that changed your perspective.

11



What are three things you love about yourself?

12



Create a list of 10 things that make you smile.

13



Describe a tradition you cherish.

14



What is a lesson you learned the hard way?

15



Write about a time you were able to help someone.

16



Describe a goal you achieved and how it felt.

17



Name something in your daily routine that you appreciate.

18



Write about a friend who has made a significant impact on your life.

# DAILY GRATITUDE



19

Write about a mistake and what it taught you.



20

What is something you're looking forward to?



21

Write about an experience that made you stronger.



22

What is one way you have stepped out of your comfort zone?



23

Who was your favourite teacher growing up and why?



24

Acknowledge someone that made you smile this week.



25

What are you most passionate about?



26

Reflect on a piece of art (music, visual, performance) that moved you.



27

What do you wish you could tell your younger self?

# DAILY GRATITUDE

28



What is something you can do for others this week?

29



Describe someone that you were grateful for today, whether a friend, family member, coworker, or stranger.

30



Reflect on how you've changed or become more intentional this past month.

## CHALLENGE COMPLETE!

As you complete the Daily Gratitude Challenge, you may notice a shift in your perspective. The world hasn't changed, but the way you view it might have. Carry this newfound appreciation forward and let it become a part of your daily routine. Remember, gratitude is a tool that can help you transform any moment into an opportunity for growth and happiness.



# Congratulations on completing the **Daily Gratitude Challenge**

The journey of wellness is ongoing, and each step, no matter how small, is a victory to be celebrated. Keep pushing forward, embracing each day as an opportunity to live your best life.

