

Take Note. Give Thanks.

The Gratitude Challenge



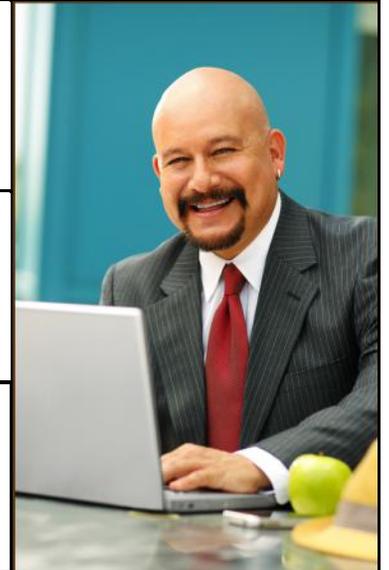
Welcome to The Gratitude Challenge, a 21-day phenomena that can act as a powerful catalyst for joy and happiness. We hope that it opens your eyes to the wonders and richness which surround you.

We believe that sharing gratitude for everyday experiences can revitalize our commitment to living a whole hearted life. As a result, we invite you to spend a few minutes each day appreciating more of what life brings you through the following daily tasks.

Many of the activities will ask you to write down things for which you feel grateful. Please feel free to do so in any medium available to you, whether that's in a journal or on a personal blog. Remember to attend to each item on its assigned day, and don't skip ahead! It's important to be present and perform each directive at its own pace.

Week 1: Be Grateful for What You Have

Day 1	Making the Commitment. Today you start The Gratitude Challenge. Take time to reflect on why you accepted this challenge and what you hope to achieve from it.
Day 2	Morning Coffee Gratitude. One of the best ways to start the day is to spend a few minutes reflecting on the things for which you're grateful. You might start by feeling gratitude for the warmth of the cup of coffee in your hand, the first sip, and the beauty in a new day.
Day 3	Gratitude for Food. Take the time to give thanks for each meal you eat today. Reflect on all of the people whose hard work contributed to the food on your table from the farmer who grew the food, the truck driver who delivered it, the grocery clerk who stocked it, and the person who cooked the meal.
Day 4	Gadget Gratitude. Take time to reflect on all of the technological tools you have that make your day easier. That might be the phone that allows you to keep in contact with people, the washing machine that allows you to clean your clothes or the internet that allows you to access information near instantaneously.
Day 5	Gratitude Walk. Go for a walk and see how many things you can find to appreciate. Pay attention to what you can see, smell, and hear. You might notice the changing seasons, an attractive smell, a cloudless sky, and the people around you.
Day 6	Gratitude for the Things You Take for Granted. Take some time to imagine losing some of the things you take for granted. That might include your home, your ability to see and hear, your ability to walk, or anything else that brings you comfort. Then imagine getting each of those things back and imagine how grateful you would feel.
Day 7	Rampage of Appreciation. Look around your environment for an object or circumstance that pleases you. Try to hold your attention on this item as you reflect on how wonderful it is. Notice how your positive feelings increase the longer you focus on it. Now chose another pleasing object for your positive attention.



Week 2: Share Your Gratitude with Others

Day 8	Gratitude for Others. Enjoy the people around you. Take a moment to appreciate three people in your life. Reflect on their unique talents and how your world is better because of them.
Day 9	Gratitude Notes. Send thank you notes to two people who have exerted a positive influence in your life but whom you have not properly thanked.
Day 10	Gratitude Visit. Make the time to pay a gratitude visit to someone who has helped you. The visit does not have to be long, but make sure you are specific about what the person did and how it affected you.
Day 11	Gratitude Partner. Find someone, a friend or family member, and share the things you're grateful for with each other. As you share, you may feed off each other's ideas as often the other person may be able to open your eyes to things you haven't noticed or have forgotten.
Day 12	Grateful Communication. Dare to see the glass half full in your communication with others. See if you can go the whole day without voicing any complaints.
Day 13	Gratitude Lookout. Spend the day on the lookout for people you can thank. Actively watch for things that others do that are kind, helpful, and considerate. Be generous with your expressions of appreciation.
Day 14	Gratitude Reflection. It's been two weeks since you started The Gratitude Challenge. Take time to reflect and write about how The Challenge has changed your perspective thus far.



Week 3: Gratitude and You

Day 15	Self-Gratitude. Take the time to focus on yourself. Appreciate and give thanks for your unique personality, skills and talents.
Day 16	Putting Things in Perspective. Identify one negative thought or event today and see if there is a hidden opportunity for gratitude. For example, "I felt pressured by my sister's request to visit" can also include the thought, "wow, my sister really cares about spending time with me." Ask yourself "what's good about this?"
Day 17	Gratitude Trigger. Place an object somewhere in your home or work environment and allow that object to serve as a trigger for gratitude for yourself every time you see it. Every time you see the object, reflect on one thing you are proud of or think you've done well today.
Day 18	Bedtime Gratitude. Ask yourself these three questions before going to bed. What did I do well today? What inspired me today? What made me smile today?
Day 19	Set a Gratitude Alarm. Set an alarm to go off twice today. When the alarm goes off, notice all of the things you have to be grateful for in that moment. This might include a full stomach, a temperate room, or a supportive coworker.
Day 20	Thank You Note to Yourself. As the Challenge winds down, write a thank you note to yourself for participating. Reflect on effort it took to take this time for yourself.
Day 21	21 Day Challenge Reflection. Reflect on the 21 days of The Gratitude Challenge and what this process has meant to you. Make a commitment to two gratitude practices you've learned through this challenge that you will continue to practice regularly. Share your learnings and future commitments with your network.

