

14 Day Gratitude Challenge

01

Journal 3 things you're grateful for

02

Make a list of your accomplishments

03

Leave a note of encouragement in a public place

04

What moment in the last week are you most thankful for

05

Call a friend and catch up

06

Donate unused clothing

07

Give someone a hug

14 Day

Gratitude Challenge

08

Take care of yourself. Take a bath or take a nap. Do what your body or mind needs most.

09

Do a random act of kindness.

10

Do something kind for yourself

11

Give someone a compliment

12

Every time you want to complain, swap it out for an affirmation

13

Be intentional about giving back to your community today

14

Call a family member just to say hello