

# 28 DAYS OF GRATITUDE CHALLENGE

# EXPRESS GRATITUDE FOR...

SUN	MON	TUES	WED	THURS	FRI	SAT
SOMETHING YOU LIKE ABOUT YOURSELF	A CHALLENGE YOU'VE OVERCOME	A PERSONAL TALENT YOU POSSESS	SOMETHING YOU CREATED	YOUR GREATEST ACCOMPLISHMENT	SOMETHING YOU OFTEN TAKE FOR GRANTED	YOUR BEST PERSONALITY TRAIT
SOMETHING BEAUTIFUL YOU SAW TODAY	YOUR SPOUSE OR SIGNIFICANT OTHER	SOMETHING YOU ARE LOOKING FORWARD TO	YOUR HEALTH AND WELL-BEING	SOMEONE WHO INSPIRES YOU	SOMETHING YOU USE EVERYDAY	FAMILY AND FRIENDS
SOMETHING YOU LIKE ABOUT YOUR JOB	A LESSON FROM A MISTAKE YOU MADE	SOMETHING THAT SOMEONE GAVE YOU	SOMETHING THAT MADE YOU SMILE TODAY	A COWORKER WHO MAKES WORK LIFE BETTER	A BOOK THAT INSPIRED YOU	YOUR PAST EXPERIENCES
SOMETHING THAT PUTS A SMILE ON YOUR FACE	YOUR COMMUNITY AND NEIGHBORS	SOMETHING YOU LIKE ABOUT YOUR HOME	SOMETHING AWESOME ABOUT YOUR AGE	POSITIVE PEOPLE IN YOUR LIFE	THE CHANCE OF A NEW DAY	THE LITTLE THINGS THAT MAKE LIFE GREAT

NOTES:

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# 28 DAYS OF GRATITUDE CHALLENGE

DAY 1: EXPRESS GRATITUDE FOR SOMETHING YOU LIKE ABOUT YOURSELF

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DAY 2: EXPRESS GRATITUDE FOR A CHALLENGE YOU'VE OVERCOME

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DAY 3: EXPRESS GRATITUDE FOR A PERSONAL TALENT YOU POSSESS

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DAY 4: EXPRESS GRATITUDE FOR SOMETHING YOU CREATED

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**GRATITUDE AFFIRMATION:  
I AM GRATEFUL FOR THIS MOMENT.**

# 28 DAYS OF GRATITUDE CHALLENGE

DAY 5: EXPRESS GRATITUDE FOR YOUR GREATEST ACCOMPLISHMENT

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DAY 6: EXPRESS GRATITUDE FOR SOMETHING YOU OFTEN TAKE FOR GRANTED

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DAY 7: EXPRESS GRATITUDE FOR YOUR BEST PERSONALITY TRAIT

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DAY 8: EXPRESS GRATITUDE FOR SOMETHING BEAUTIFUL YOU SAW TODAY

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**GRATITUDE AFFIRMATION:**  
**I EMBRACE EACH NEW DAY WITH GRATITUDE.**

# 28 DAYS OF GRATITUDE CHALLENGE

DAY 9: EXPRESS GRATITUDE FOR YOUR SPOUSE OR SIGNIFICANT OTHER

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DAY 10: EXPRESS GRATITUDE FOR SOMETHING YOU ARE LOOKING FORWARD TO

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DAY 11: EXPRESS GRATITUDE FOR YOUR HEALTH AND WELL-BEING

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DAY 12: EXPRESS GRATITUDE FOR SOMEONE WHO INSPIRES YOU

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**GRATITUDE AFFIRMATION:**  
**I AM GRATEFUL FOR BIG AND SMALL BLESSINGS.**

# 28 DAYS OF GRATITUDE CHALLENGE

DAY 13: EXPRESS GRATITUDE FOR SOMETHING YOU USE EVERYDAY

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DAY 14: EXPRESS GRATITUDE FOR FAMILY AND/OR FRIENDS

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DAY 15: EXPRESS GRATITUDE FOR SOMETHING YOU LIKE ABOUT YOUR JOB

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DAY 16: EXPRESS GRATITUDE FOR A LESSON FROM A MISTAKE YOU MADE

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**GRATITUDE AFFIRMATION:**  
**I AM GRATEFUL FOR DISCOVERING MY POWER.**

# 28 DAYS OF GRATITUDE CHALLENGE

DAY 17: EXPRESS GRATITUDE FOR SOMETHING THAT SOMEONE GAVE YOU

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DAY 18: EXPRESS GRATITUDE FOR SOMETHING THAT MADE YOU SMILE TODAY

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DAY 19: EXPRESS GRATITUDE FOR A COWORKER WHO MAKES YOUR WORK LIFE BETTER

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DAY 20: EXPRESS GRATITUDE FOR A BOOK THAT INSPIRED YOU

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**GRATITUDE AFFIRMATION:  
I AM GRATEFUL FOR MY IMPERFECTIONS.**

# 28 DAYS OF GRATITUDE CHALLENGE

DAY 21: EXPRESS GRATITUDE FOR YOUR PAST EXPERIENCES

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DAY 22: EXPRESS GRATITUDE FOR SOMETHING THAT PUTS A SMILE ON YOUR FACE

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DAY 23: EXPRESS GRATITUDE FOR YOUR COMMUNITY AND NEIGHBORS

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DAY 24: EXPRESS GRATITUDE FOR SOMETHING YOU LIKE ABOUT YOUR HOME

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**GRATITUDE AFFIRMATION:**  
**I AM THANKFUL FOR LEARNING AND GROWING.**

# 28 DAYS OF GRATITUDE CHALLENGE

DAY 25: EXPRESS GRATITUDE FOR SOMETHING AWESOME ABOUT YOUR AGE

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DAY 26: EXPRESS GRATITUDE FOR POSITIVE PEOPLE IN YOUR LIFE

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DAY 27: EXPRESS GRATITUDE FOR THE CHANCE OF A NEW DAY

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DAY 28: EXPRESS GRATITUDE FOR THE LITTLE THINGS THAT MAKE LIFE GREAT

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**GRATITUDE AFFIRMATION:**  
**I AM GRATEFUL FOR THE ABUNDANCE IN MY LIFE.**