

# GRATITUDE CHALLENGE

Temple College Wellness Initiative

## Fast Facts

Gratitude shifts your mindset. Gratitude is a thankful appreciation for what you have, not what you don't have. When you express gratitude, you feel more positive and are more intentional. Developing an attitude of gratitude requires a mindset shift to make it a daily habit to be grateful for and thankful for everything you appreciate in life. Being grateful improves your self-confidence, self-esteem and enhances your enjoyment of the present moment. When you feel grateful daily, you feel more positive and are more present at the moment..



## Your Weekly Challenge:

### 7 Days of Gratitude

*Give it a TRY!*

**Day 1:** Write down three things for which you are grateful. What makes you grateful for these things?

**Day 2:** Engage in a random act of kindness.

**Day 3:** Do a chore your partner / loved one would normally do to thank them for doing it all the time.

**Day 4:** Write a positive review for a business you like.

**Day 5:** Thank someone who helped you today.

**Day 6:** Spend time outside and appreciate the beauty of nature.

**Day 7:** Thank YOURSELF! Spend 30 minutes practicing self-care.

*Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity... it makes sense of our past, brings peace for today, and creates a vision for tomorrow*

- Melody Beattie

## Linked Resources:

- [Say "Thank You"](#) - A Motivational Video On The Importance Of Gratitude
- [Valuable Lesson On Being Thankful](#)- YouTube Video
- [GreaterGood Science Center](#)- Expanding the Practice of Gratitude