

21 Day Gratitude Challenge

Welcome to the 21-Day Gratitude Challenge! Get ready for a transformative journey of self-discovery and personal growth. Over the next three weeks, we will explore the profound impact that gratitude can have on our lives.

Through daily reflections and exercises, we will unlock the power of gratitude, cultivating a mindset of appreciation and uncovering a wealth of joy and fulfillment. Are you ready to embark on this life-changing adventure? Let's dive in and embrace the beauty of gratitude together.

Before we begin please take a moment to set your intentions for the next three weeks.

I have decided to take part in this challenge because

My intention for the next three weeks is

By the end of this challenge I want to feel

Week One

Write one thing you are grateful for each day this week.

It doesn't need to be fancy, and try not to over think it. Keep it simple, focus on the little things. Write whatever pops into your head.

Day 1: *I am grateful for...*

Day 2: *I am grateful for...*

Day 3: *I am grateful for...*

Day 4: *I am grateful for...*

Day 5: *I am grateful for...*

Day 6: *I am grateful for...*

Day 7: *I am grateful for...*

Week Two

Welcome to week two of your journey! Congratulations on your commitment and for making it through the first week.

Now, let's take your gratitude practice to the next level by exploring WHY you are grateful. By investigating the roots of your gratitude, you can unlock a deeper sense of connection, purpose, and fulfillment.

Day 8 I am grateful for...

I am grateful for this because...

Day 9: I am grateful for...

I am grateful for this because...

Day 10: I am grateful for...

I am grateful for this because...

Day 11: I am grateful for...

I am grateful for this because...

Day 12: I am grateful for...

I am grateful for this because...

Day 13: I am grateful for...

I am grateful for this because...

Day 14: I am grateful for...

I am grateful for this because:

Week Three

Welcome to week three! You're over half way through this challenge. This week we invite you to take what you have learned over the past 2 weeks and build on it by noting three things you are grateful for each day and why.

Day 15

I am grateful for...

because...

I am grateful for...

because...

I am grateful for...

because...

Day 16

I am grateful for...

because...

I am grateful for...

because...

I am grateful for...

because...

Day 17

I am grateful for...

because...

I am grateful for...

because...

I am grateful for...

because...

Day 18

I am grateful for...

because...

I am grateful for...

because...

I am grateful for...

because...

Day 19

I am grateful for...

because...

I am grateful for...

because...

I am grateful for...

because...

Day 20

I am grateful for...

because...

I am grateful for...

because...

I am grateful for...

because...

Day 21

I am grateful for...

because...

I am grateful for...

because...

I am grateful for...

because...

Congratulations on
completing the challenge!

I am proud of myself because

My biggest takeaway is