



# Gratitude

## CHALLENGE

Four Weeks

Week 1

### NOTICING GRATITUDE

Become aware

Week 2

### GOING DEEPER

Looking for gold nuggets

Week 3

### EXPRESSING GRATITUDE

Giving back

Week 4

### ESTABLISHING A RITUAL

Gratitude as a habit





# Why gratitude?

Affirmation of goodness in our lives

Rises our energy level

Positive feedback loop of sorts

Stronger self-control

Enhances wellbeing

Deeper relationships

Improves optimism

Increases happiness

Stronger neurologically-based  
morality

Better physical and mental health

Overall better life





# Week 1

Welcome to our first week! I am thankful you are here:)

This week is our entrance to the world of thankfulness, our door opener. There is only one thing I want you to do every day after you wake up or before you go to sleep:

**Think of something or someone you can be grateful for.  
One. Every day. That's it.**



## WEEK 1



EVENING OR MORNING  
ROUTINE

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MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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SATURDAY

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SUNDAY

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THE BEST MOMENT

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M	D	M	D	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

WHAT DO I NOTICE?




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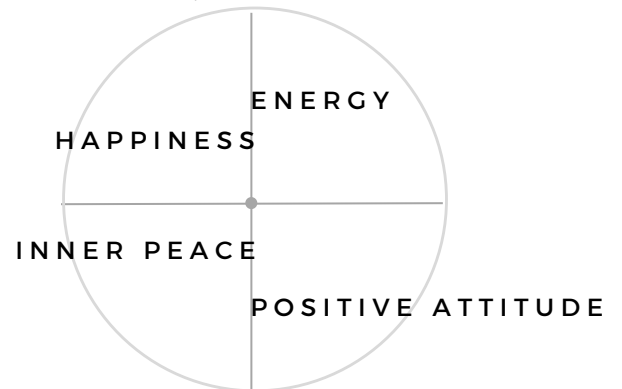



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WHERE AM I?



MOOD





# Week 2

In this week you go on seeking for happiness moments each day, but additionally look for the golden nuggets in your life you can be thankful for.

Something that makes me smile

The most delicious food I've ever eaten

Friends that make me happy

A great moment in my last holidays

I was really lucky when

Family members I enjoy being with

A beautiful encounter

Something that makes me feel calm

Someone helped me with

A fantastic moment

Something I am proud of



## WEEK 2



EVENING OR MORNING  
ROUTINE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THE BEST MOMENT AT WORK

M	D	M	D	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

WHAT DO I NOTICE?



WHERE AM I?



MOOD





# Week 3

Expressing gratitude brings back even more positive vibes because there is a reflection of your shining. Here are some ideas of what you can do:

Give a smile to someone

Tell a friend what he/she means to you

Write a letter

Say thank you for a meal

Help someone

Small gifts

Cooking dinner for your partner

Do something before you are asked to

Text someone

Pray

Thank you- creations



## WEEK 3



EVENING OR MORNING  
ROUTINE

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MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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SATURDAY

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SUNDAY

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SOMETHING BEAUTIFUL

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M	D	M	D	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

WHAT DO I NOTICE?




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WHERE AM I?



MOOD







# Week 4

Research shows that our brain needs around 21 days to establish a new habit. So congrats you are already through it. Now it's up to you. Here are some ideas for rituals:

Yoga      Journaling

Meditation

Collect gratitude moments in a glass and open it at the end of the year

Prayer

Reflection

Letter writing

*Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.*  
Ralph Waldo Emerson



## WEEK 4



EVENING OR MORNING  
ROUTINE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WHAT I AM LOOKING FORWARD TO

M	D	M	D	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

WHAT DO I NOTICE?



WHERE AM I?



MOOD





# Reflection

What did I learn in the last four weeks?

Did my life change? In which ways?

Which promise do I give myself?

*Gratitude, like faith, is a muscle. The more you use it, the stronger it grows..*  
Alan Cohen

