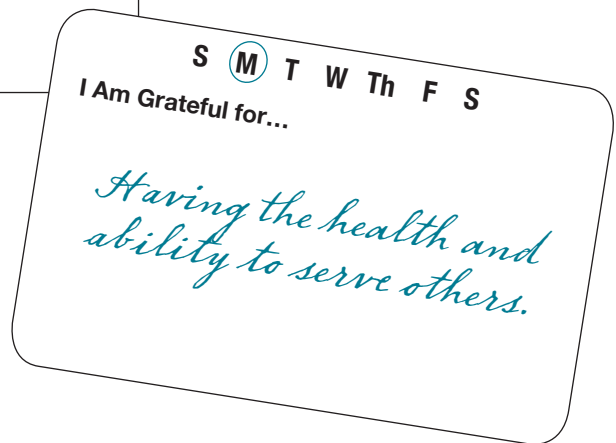
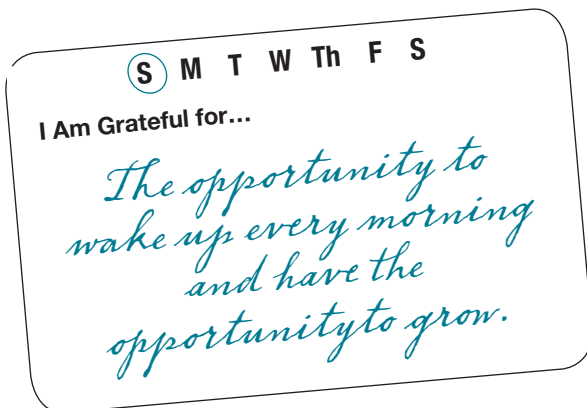
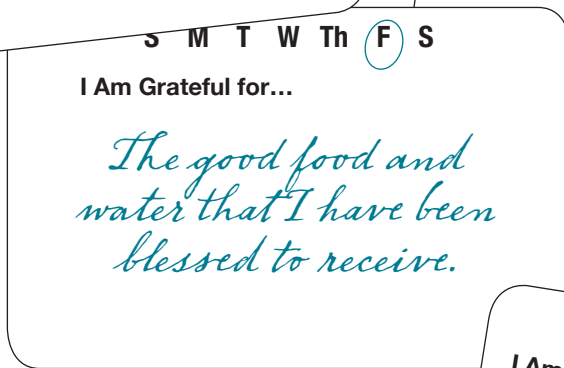
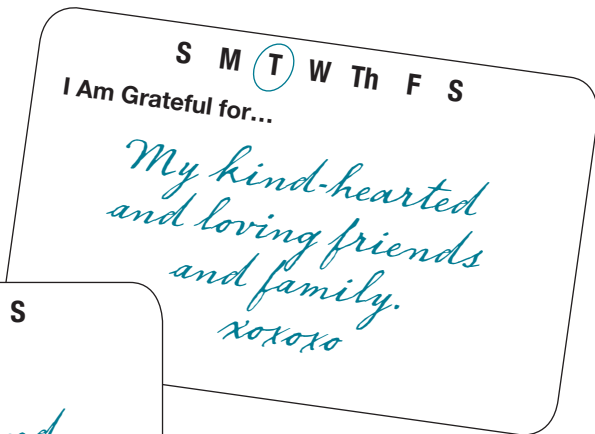
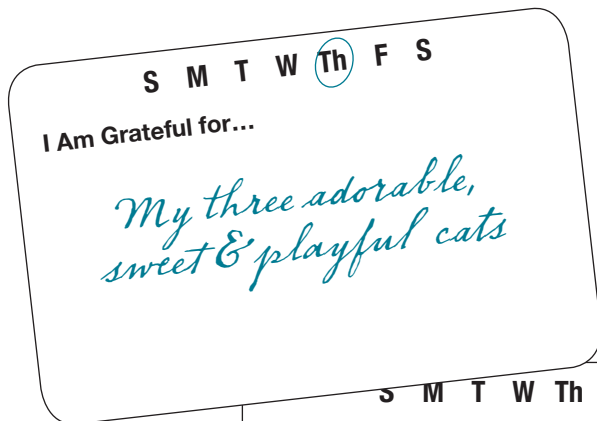


21-Day Gratitude Challenge

Studies show that making a conscious effort to feel gratefulness helps you develop the habit of looking at the bright side, leading to living with more joy. To see how practicing gratefulness affects you or your family, take our 21-day gratitude challenge.

Directions: Print and cut out the segments on the next page to create separate slips. For the next 21 days, using focused attention and visualization, write down what you are grateful for. To make the exercise even more powerful, infuse what you write with the feeling of gratefulness.

Activity for Families: Share the love by having each family member collect what they are grateful for in a jar every day of the week. At the end of the week, schedule family time to share, taking turns to read the messages for each day of the week.



S M T W Th F S

I Am Grateful for...

S M T W Th F S

I Am Grateful for...

S M T W Th F S

I Am Grateful for...

S M T W Th F S

I Am Grateful for...

S M T W Th F S

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I Am Grateful for...

Tell us how your challenge went!

Please share your results of the 21-day Challenge by posting on facebook.com/InnerGuidePlanners/ or by joining and posting on our Support Group for Success at facebook.com/groups/innerguidesupport/

