

Giving Thanks

21 days of gratitude



Welcome to the Giving Thanks, 21 days of gratitude challenge.

This is a little project I adapted from the original "gratitude challenge" sponsored by tiny* prints.

Sharing gratitude for little life experiences, not only creates optimism, but when practiced regularly has been shown in studies to improve your mental and physical health.

Many of the activities will ask you to write down things for which you feel grateful. Please feel free to adapt and do so in whatever way feels best for YOU.

Remember to attend to each item on its assigned day and don't skip ahead! Do your best to be mindful, present and perform each directive at its own pace.

Share whenever it is perfect for you.

"Gratitude can transform common days into thanksgiving, turn routine jobs into joy, and change ordinary opportunities into blessings."

~Proverb



Giving Thanks

21 days of gratitude



Week 1

Be grateful for what you have

Day 1 Today you start the 21 days of gratitude challenge! Please sign the contract, (sent to you in an email today) and make a commitment to take note and give thanks for the next 21 days. Express WHY you accepted the challenge and what you hope to achieve from it.

Day 2 Use the alphabet as a fun and quick format for making a list of things for which you feel grateful. If you wish, share your list on social media, or simply keep in your journal to refer back to.

Day 3 Write about something you feel grateful for in your life.

Day 4 Write a short message of thanks for some of the "negative" things in your life.

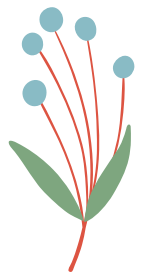
Day 5 Take 5 minutes to write about how grateful you are for all of the wonderful things that you currently have in your life. Try not to long for things you do not possess, instead, make note of all the blessings you already enjoy.

Day 6 Take a moment to text someone who might need a little positive message today. Let them know how much you appreciate them.

Day 7 Take a picture of one thing, pet, place or specific moment that makes you feel really grateful. Share it online or in your social media stories if you like.

Giving Thanks

21 days of gratitude



Week 2

Be grateful for everything around you

Day 8 Send thank you notes, (in the mail if possible) to five people who deserve a little recognition.

Day 9 Enjoy the people around you. Take a moment to appreciate their unique talents, abilities and personalities

Day 10 Pick one of your five senses to focus on today. Take note of how many "gifts" come to you via that sense. Write about your experience. (aromas, the view of a sunrise, the sound of birds)

Day 11 Try to see the world through the eyes of a child. Think about the things you take for granted on a daily basis and then express gratitude for some of those things.

Day 12 Today, make the effort to live life with a positive outlook. Refrain from judging or criticizing the people around you. Work on seeing the glass as half full. Listen more than you speak. Practice kindness at every opportunity.

Day 13 Pick 3 friends or family members you see on a regular basis. View their actions and gestures through a positive lens and write 2 things about each of them that you really appreciate.

Day 14 It's been 2 weeks since you started this challenge! Write about a few ways the challenge has changed your perspective so far.

Giving Thanks

21 days of gratitude



Week 3

Be grateful for who you are

Day 15 Take time to focus on yourself. Appreciate and give thanks for your unique personality, skills and talents.

Day 16 This one might feel silly, but try it anyhow... Stand in front of the mirror for 5 minutes and focus on at least 3 things that you love about yourself. Journal them if you like.

Day 17 Write about something you feel grateful for in your life today.

Day 18 For the past 3 days you have focused on appreciated what makes you unique. Today, write about all the things that make you lovable. (your personal style, talents and charm)

Day 19 Have confidence in all the choices you have made today and be grateful for being able to believe in yourself.

Day 20 As the challenge winds down, write a thank you note to yourself. Thank yourself for taking the time to stop and focus on all the little things for which you feel grateful. All the effort you put in these past few weeks.

Day 21 Simply reflect on the 21 days of gratitude. Giving Thanks. What has it meant to you?