

Gratitude

CHALLENGE

DAY 1

**THINK ABOUT
WHY YOU
STARTED THIS
CHALLENGE.
WHAT IS YOUR
MOTIVATION?**

- 1.**
- 2.**
- 3.**

@SWEATYASAMOTHER

Gratitude

CHALLENGE

DAY 2

POWERED BY:
sweetgreen®

**ENGAGE IN A
RANDOM ACT
OF KINDNESS**

SHARE HERE:

@SWEATYASAMOTHER

Gratitude

CHALLENGE

DAY 3

**RECOGNIZE 3
THINGS YOU
USUALLY
TAKE FOR
GRANTED**

- 1.**
- 2.**
- 3.**

@SWEATYASAMOTHER

Gratitude

CHALLENGE

DAY 4

**THINK OF A
WAY
SOMEONE
HELPED YOU
TODAY AND
THANK THEM**

SHARE HERE:

@SWEATYASAMOTHER

Gratitude

CHALLENGE

DAY 5

**WRITE ABOUT
YOUR
FAVORITE
PART OF THE
DAY**

SHARE HERE:

@SWEATYASAMOTHER

Gratitude

CHALLENGE

DAY 6

**FORGIVE
SOMEONE**

@SWEATYASAMOTHER

Gratitude

CHALLENGE

DAY 7

**WRITE A
THANK YOU
LETTER TO A
FRIEND OR
FAMILY
MEMBER**

SHARE HERE:

@SWEATYASAMOTHER

Gratitude

CHALLENGE

DAY 8

**EXPRESS
GRATITUDE
TO AT LEAST
ONE
IMPORTANT
PERSON IN
YOUR LIFE**

SHARE HERE:

@SWEATYASAMOTHER

Gratitude

CHALLENGE

DAY 9

**SPEND 15
MINUTES
PRACTICING
SELF-CARE**

SHARE HERE:

@SWEATYASAMOTHER

Gratitude

CHALLENGE

DAY 10

**WRITE DOWN 3
THINGS YOU
APPRECIATE
ABOUT YOUR
SIGNIFICANT
OTHER OR
FAMILY MEMBER**

- 1.**
 - 2.**
 - 3.**
-

@SWEATYASAMOTHER

Gratitude

CHALLENGE

DAY 11

**REFRAIN
FROM GOSSIP
OR SPEAKING
NEGATIVELY
ABOUT
OTHERS**

@SWEATYASAMOTHER

Gratitude

CHALLENGE

DAY 12

**SEND
FLOWERS TO
SOMEONE
YOU CARE
ABOUT**

SHARE HERE:

@SWEATYASAMOTHER

Gratitude

CHALLENGE

DAY 13

**GO ONE FULL
DAY WITHOUT
COMPLAINING**

***THIS IS HARD AND IT
TAKES SHIFTING YOUR
MINDSET FROM
NEGATIVE TO POSITIVE**

@SWEATYASAMOTHER

Gratitude

CHALLENGE

DAY 14

**LIST 3
THINGS YOU
LOVE ABOUT
YOUR JOB**

- 1.**
- 2.**
- 3.**

@SWEATYASAMOTHER

Gratitude

CHALLENGE

DAY 15

**MAKE AN
EFFORT TO
SMILE MORE
THROUGHOUT
THE DAY**



@SWEATYASAMOTHER

Gratitude

CHALLENGE

DAY 16

**MEDITATE
FOR AT LEAST
5 MINUTES**

@SWEATYASAMOTHER

Gratitude

CHALLENGE

DAY 17

**WRITE THANK
YOU NOTES
TO 5 PEOPLE
IN YOUR LIFE**

@SWEATYASAMOTHER

Gratitude

CHALLENGE

DAY 18

**SIGN UP TO
VOLUNTEER
OR MAKE A
DONATION**

SHARE HERE:

@SWEATYASAMOTHER

Gratitude

CHALLENGE

DAY 19

**SPEND TIME
WITH LOVED
ONES
(IN PERSON OR
VIRTUALLY)**

SHARE HERE:

@SWEATYASAMOTHER

Gratitude

CHALLENGE

DAY 20

**COMPLIMENT
A STRANGER**

SHARE HERE:

@SWEATYASAMOTHER

Gratitude

CHALLENGE

DAY 21

**GO OUTSIDE
AND
APPRECIATE
THE BEAUTY
OF NATURE**

SHARE HERE:

@SWEATYASAMOTHER

Gratitude

CHALLENGE

DAY 22

**WRITE DOWN
5 THINGS
YOU LIKE
ABOUT
YOURSELF**

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**

@SWEATYASAMOTHER

Gratitude

CHALLENGE

DAY 23

**THINK ABOUT
SOMETHING
GREAT THAT
HAS HAPPENED
TO YOU IN THE
LAST YEAR**

SHARE HERE:

@SWEATYASAMOTHER

Gratitude

CHALLENGE

DAY 24

**TREAT A
FRIEND TO
COFFEE**

@SWEATYASAMOTHER

Gratitude

CHALLENGE

DAY 25

**GO THROUGH
YOUR STUFF
AND DONATE
ANYTHING
YOU'RE NOT
USING**

SHARE HERE:

@SWEATYASAMOTHER

Gratitude

CHALLENGE

DAY 26

**SPEND EXTRA
TIME WITH
LOVED
ONES/KIDS**

SHARE HERE:

@SWEATYASAMOTHER

Gratitude

CHALLENGE

DAY 27

**SUPPORT A
LOCAL
BUSINESS AND
TELL THEM HOW
MUCH YOU
APPRECIATE
THEM**

SHARE HERE:

@SWEATYASAMOTHER

Gratitude

CHALLENGE

DAY 28

**GO TO BED
EARLY AND
THINK ABOUT
3 THINGS
THAT WENT
WELL TODAY**

- 1.**
 - 2.**
 - 3.**
-

@SWEATYASAMOTHER

Gratitude

CHALLENGE

DAY 29

**CALL SOMEONE
YOU HAVEN'T
SPOKEN WITH
IN A WHILE
AND
RECONNECT**

@SWEATYASAMOTHER

Gratitude

CHALLENGE

DAY 30

**START A
GRATITUDE
JOURNAL
AND WRITE IN
IT EVERYDAY**

@SWEATYASAMOTHER

Gratitude

CHALLENGE

DAY 31

**UNFOLLOW ANY
SOCIAL MEDIA
ACCOUNTS
THAT DON'T
BRING YOU JOY**

@SWEATYASAMOTHER

Gratitude

CHALLENGE

DAY 32

**WRITE DOWN 3
THINGS YOU
ARE PROUD OF**

@SWEATYASAMOTHER

Gratitude

CHALLENGE

DAY 33

**WRITE DOWN 3
THINGS THAT
YOU ARE
GRATEFUL FOR
IN YOUR HOUSE**

@SWEATYASAMOTHER

Gratitude

CHALLENGE

DAY 34

**THINK ABOUT 3
THINGS THAT
WENT WELL
TODAY**

@SWEATYASAMOTHER

Gratitude

CHALLENGE

DAY 35

**GREET
EVERYONE YOU
SEE TODAY
WITH A SMILE
AND A HELLO**

@SWEATYASAMOTHER

Gratitude

CHALLENGE

DAY 36

**WRITE DOWN 5
PEOPLE YOU ARE
GRATEFUL TO
HAVE IN YOUR
LIFE**

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**

Gratitude

CHALLENGE

DAY 37

**TAKE A PICTURE
OF SOMETHING,
A PLACE OR
SOMEONE THAT
YOU ARE
GRATEFUL FOR**

@SWEATYASAMOTHER

Gratitude

CHALLENGE

DAY 38

**DO SOMETHING
KIND FOR
YOURSELF**

@SWEATYASAMOTHER

Gratitude

CHALLENGE

DAY 39

**SPEND 30
MINUTES
PRACTICING
SELF-CARE**

@SWEATYASAMOTHER

Gratitude

CHALLENGE

DAY 40

**EVERY TIME YOU
WANT TO
COMPLAIN,
SWAP IT OUT
WITH A MANTRA**

@SWEATYASAMOTHER

Gratitude

CHALLENGE

DAY 41

**HOLD THE DOOR
FOR A
STRANGER**

@SWEATYASAMOTHER

Gratitude

CHALLENGE

DAY 42

**REFLECT ON
YOUR 6 WEEK
JOURNEY AND
WHAT YOU
HAVE GAINED
FROM THIS
EXPERIENCE**

SHARE HERE:

@SWEATYASAMOTHER