

6 WEEK

Glutes & Gratitude

CHALLENGE

Complete your daily gratitude challenge can be in any order!

xoxo Taylor Merritt

#sweatyasamother

1

Think about why you started this challenge. What is your motivation?

2

Engage in a random act of kindness

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3

Recognize 3 things you usually take for granted

4

Think of a way someone helped you today and thank them

5

write about your favorite part of your day and why

6

forgive someone

7

Write a thank you note to a family or friend

8

Express gratitude to at least one important person in your life

9

Spend 15 minutes practicing self-care

10

Write down 3 things that you appreciate about your significant other or family member

11

Refrain from gossip or speaking negatively about others

12

Send flowers to someone you care about

13

Go one full day without complaining

14

List three things that you like about your job

15

Make an effort to smile more throughout the day

16

Meditate for 5 minutes

17

Write thank you notes to 5 people in your life

18

Sign up to volunteer or make a donation

19

Spend time with loved ones (virtual or inperson)

20

Compliment a stranger

21

Go outside and appreciate the beauty of nature

22

Write down 5 things you like about yourself

23

Thank about something great that has happened to you in the last year.

24

Treat a friend to a coffee

25

Go through your stuff and donate anything you're not using

26

Spend extra time with your kids/ loved ones/

27

Support a local business and tell them how much you appreciate them

28

Go to bed early tonight

29

Call someone you haven't spoken with in a while and reconnect

30

Start a gratitude journal and write in it everyday

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31

unfollow any social media accounts that don't bring you joy

32

Write down 3 things you are proud of

33

Write down 3 things that you are grateful for in your house

34

think about 3 things that went well today

35

greet everyone you see today with a smile and a hello

36

write down 5 people you are grateful to have in your life

37

take a picture of something, a place or someone that you are grateful for

38

Do something kind for yourself

39

Spend 30 minutes practicing self-care

40

every time you want to complain, swap it out with a mantra

41

hold the door for a stranger

42

reflect on your 6 week journey and what you have gained from this experience

Way to go

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