



GRATITUDE CHALLENGE

To do: Write down three things you are grateful for every day.

Goal: Cultivate a habit of gratitude to enhance your joy and appreciation for life.

Instructions: At the end of each day, reflect on your day and write down three things you are grateful for. They can be small moments, people, achievements, or anything that brought you joy.

Reflection: How has practicing gratitude each day impacted your overall mood and sense of joy?