

Practicing Gratitude.

Discover new lessons every day which can be completed in around 5-10 minutes.



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---------|-----------|----------|--------|
|--------|---------|-----------|----------|--------|

Challenge starts tomorrow!



[Developing Gratitude](#)
(3m 53s)

[Practice Gratitude](#)
(3m 17s)

[Practicing Gratitude](#)
(1m 53s)

[Gratitude Is Attitude](#)
(2m 48s)

Activity:
List three things you're grateful for

[Gratitude Is Attitude](#)
(2m 48s)

Activity:
Block off 1 hour of "no complaining"
in your calendar this week

[Practice: Cultivate Gratitude](#)
(3m 19s)

[Finding Positivity in the Daily Routine](#)
(2m 30s)

[Ending the Day with Gratitude](#)
(2m 59s)

Activity:
List three things you're grateful for

[Practice Gratitude to Manage FOMO](#)
(2m 59s)

[The Gift of Gratitude](#)
(3m 10s)

Reflection:
What were your biggest
takeaways from the Practicing
Gratitude challenge?

