



## 21-DAY GRATITUDE CHALLENGE

Did you know your brain is NOT designed to make you happy? Actually your brain has only one primary responsibility—to make you survive. Thus your brain is wired specifically to lookout for danger and to seek out the negative. Left unattended, your brain will ruminate in the negative all day, every day of your life.

This is where the power of gratitude comes in. If you want to direct your life in a positive direction, you have to retrain your mind towards abundance and what's positive by forcing it to focus it on what you are grateful for. If you want to become great, you have to focus on being grateful!

**Member Name:** \_\_\_\_\_ **Phone Number:** \_\_\_\_\_

1 <b>Begin a gratitude journal today. Write down all of the things you are grateful for now.</b>	2 <b>Write cards, notes or emails to 3 people and let them know how grateful you are for them.</b>	3 <b>What skills and abilities do you have? Which ones do you appreciate the most?</b>	4 <b>Which memories are you thankful for? How have they shaped your life?</b>	5 <b>Do something unexpected for someone today to show you appreciate them or pay something forward.</b>
6 <b>In your journal give thanks for all your basic needs that are currently being met.</b>	7 <b>Spend today noticing all of the inventions and gadgets that help you throughout the day.</b>	8 <b>In your journal make a list of all of your accomplishments and achievements. How will you thank yourself?</b>	9 <b>Compliment 3 people today. It can be someone you know or a stranger.</b>	10 <b>In your journal express gratitude for something you want to achieve in the future.</b>
11 <b>Bake goodies and deliver to a neighbor.</b>	12 <b>Donate a winter coat or clothing to a shelter.</b>	13 <b>Help a neighbor with their yard work.</b>	14 <b>In your journal describe a conflict you are experiencing and what you can learn going forward.</b>	15 <b>Look at your current surroundings. What do you notice that is beautiful? Write about it.</b>
16 <b>What do you appreciate the most about yourself? Take a moment to reflect.</b>	17 <b>Think of a scent that you appreciate the most. Freshly baked goods, coffee, the grass, essential oils, etc.</b>	18 <b>Send a "Thinking of you" card to someone special.</b>	19 <b>Purchase a gift for a Toy Drive.</b>	20 <b>Start a gratitude photo journal of all the wonderful things you have experienced</b>
21 <b>Find a gratitude stone or item for your pocket. When you take it out nightly think of all you are grateful for.</b>				



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