

A 7-Day Beginner Gratitude Challenge



Day 1: Notice Three Good Things

Start small. Write down three things you're thankful for. A coffee or text counts.

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Day 2: Explain Why You're Grateful

Add one line explaining why each matters. This makes it a feeling, not just a checkbox.

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Day 3: Thank Someone

Send a real text or voice note. Say it out loud; it hits differently.

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Day 4: Find Gratitude During a Challenge

- Look for a lesson or help in a tough situation. Gratitude isn't pretend.

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Day 5: Take a Five-Minute Gratitude Walk

- Walk without headphones. Silence makes room for noticing.

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Day 6: End Your Day with Reflection

- Write down one smile moment and one thing you look forward to tomorrow.

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Day 7: Build Your Personal Gratitude Routine

- Choose the task that felt easiest to repeat. That's your new habit.

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