

Monday

Tuesday

Wednesday

Thursday

Friday

A Thankful Heart Challenge

15-day challenge – Complete each box.

“A grateful heart sees many blessings.”

<p>15</p> <p>What is something you feel happy and accomplishing in your life?</p>	<p>16</p> <p>Buy a coffee/tea for someone. “Thank you a latte.”</p>	<p>17</p> <p>Text three people and tell them why you are grateful for them</p>	<p>18</p> <p>Give a compliment.</p>	<p>19</p> <p>Write five things you love about yourself.</p>
<p>22</p> <p>Call someone you have not spoken to in a while.</p>	<p>23</p> <p>What is one thing you are looking forward to in the next three months?</p>	<p>24</p> <p>Write down five things you are grateful for.</p>	<p>25</p> <p>Hugs your family and friends today. Be present in the moment.</p>	<p>26</p> <p>Go do something you enjoy. (examples: Read a book, write in a journal, or go to the beach.)</p>
<p>29</p> <p>Forgive someone and smile at someone you do not know.</p>	<p>30</p> <p>Pick a good cause and donate a comfortable amount.</p>	<p>1</p> <p>Write a thank you or appreciation note to a fellow co-worker</p>	<p>2</p> <p>Write down a time you felt at peace.</p>	<p>3</p> <p>Purchase something today or over the weekend at a local establishment.</p>