



FEBRUARY *Gratitude* CHALLENGE

SUN	MON	TUE	WED	THU	FRI	SAT
	Day 1 Write down three things you're grateful for.	Day 2 Compliment someone you love.	Day 3 Call a family member and ask them about their day.	Day 4 Meditate for five minutes.	Day 5 Spend 20 minutes outside in nature.	Day 6 Bring or send a co-worker coffee/tea.
Day 7 Engage in a random act of kindness.	Day 8 Write down five things you love about yourself.	Day 9 Go for a walk at your favorite park.	Day 10 Replace every complaint with a positive thought.	Day 11 Write a positive review for a business you love.	Day 12 Bake a treat for a friend or virtually cook together.	Day 13 Send a loved one a handwritten letter.
Day 14 Do a chore your partner or loved one would normally do.	Day 15 Treat yourself to your favorite dessert.	Day 16 Leave a note of encouragement in a public place.	Day 17 Write down three things you like about your job.	Day 18 Thank a parent, guardian or family member.	Day 19 Call or video chat a friend.	Day 20 Make a donation to your charity of choice.
Day 21 Spend 30 minutes practicing self care.	Day 22 Let your first thought be positive when you wake up.	Day 23 Sign up to volunteer in your community (physically or virtually).	Day 24 Share positivity with someone.	Day 25 Go on a walk with your dog, kids or household members.	Day 26 Smile as often as you can today.	Day 27 Compliment a stranger.
Day 28 Start a gratitude journal to write in every day.						