21 Days of Gratitude Challenge Information



Practicing gratitude is one way to improve your physical and emotional well-being, and it doesn’t have to take much time out of your busy day!

Some of the benefits of practicing gratitude include:

* Lower blood pressure
* Improved sleep
* Increased resilience
* Lessened feelings of depression
* Strengthened immune system
* Boost in satisfaction with life

Here are some resources for developing your own challenge, in addition to the sample flyer and challenge tracker template below:

* OEA Choice Trust blog post, [The Benefits of Practicing Gratitude](https://oeachoice.com/the-benefits-of-practicing-gratitude/)
* [Gratitude Tree Activity Instructions](https://oeachoice.com/wp-content/uploads/2020/09/Gratitude-Tree-Activity-Instructions.pdf) (designed for staff, can be modified)
* Laura Trice TED Talk, [Remember to Say Thank You](https://www.ted.com/talks/laura_trice_remember_to_say_thank_you?referrer=playlist-give_thanks#t-186807) (3 minutes)

Additional information:

* [How to Cultivate an Attitude of Gratitude](https://www.happify.com/hd/cultivate-an-attitude-of-gratitude/) – Happify
* [7 Scientifically Proven Benefits of Gratitude](https://www.psychologytoday.com/us/blog/what-mentally-strong-people-dont-do/201504/7-scientifically-proven-benefits-gratitude) – Psychology Today

Please customize any of the materials in this kit to host this challenge for your organization!

21 Days of Gratitude Challenge

Practicing gratitude can boost your physical, social and emotional well-being! Share some appreciation with colleagues, friends, neighbors and family members as part of this challenge!

**Challenge start date**:

**Challenge end date**:

**How to participate**: For each day you practice gratitude, mark the challenge tracker. After the last day of the challenge, turn in your tracker to x by date.

**Ideas for practicing gratitude**:

* List up to ten things for which you feel grateful
* Write a thank you card, note or email thanking someone for a specific thing
* Call a family member or friend to express your appreciation for them
* Start a meeting with a “Thank You Circle” – each person has the opportunity to thank another member of the group for something
* Create a Gratitude Tree truck on poster board or paper and add things you are grateful for as apples, leaves or flowers to the branches

**Incentives/prizes**: For each day you practice gratitude, you’ll earn one entry into a drawing for x. The drawing will be conducted by date and winners will be announced by communication channel (email, wellness newsletter, announcement at a meeting).

If your wellness program has a logo, insert it here to brand this challenge as part of your program!

21 Days of Gratitude Challenge Tracker

Name:

Challenge start date:

Challenge end date:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| Enter date | Enter date | Enter date | Enter date | Enter date | Enter date | Enter date |
| Enter date | Enter date | Enter date | Enter date | Enter date | Enter date | Enter date |
| Enter date | Enter date | Enter date | Enter date | Enter date | Enter date | Enter date |
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