

30 DAY Gratitude Challenge

Take the challenge to live with gratitude and change your mindset in 15 minutes a day

The premise of the 30-day challenge is easy – commit to spending a few minutes every day practicing being grateful and write down your thoughts (based on the daily suggestions above), either in a journal and/or on your social media (use the hashtag #evolvewithgratitude).

1 Make the public commitment to accept and complete the challenge; challenge others to join you on social media

2 Write a list of 26 things you are grateful for (from A-Z) and share on social media

3 Write down 3 things you are grateful for today

4 Choose 3 things you would normally see as a negative and write down why you are grateful for those things

5 Write down 3 things you are grateful for today

6 Connect with someone you haven't spoken to in a while and let them know you are grateful for them

7 Take a picture of something you are grateful for and share why on social media

8 Handwrite 3 thank you notes and send them via snail mail

9 Spend time in nature today and share 3 things you are grateful for from that experience

10 Spend 15 minutes focusing on the inputs from one sense (taste, smell, etc.) and write 3 things you are grateful for from that experience

11 Spend 15 minutes exploring the world through the eyes of a child. Write 3 things you are grateful for from that experience

12 Do a random act of kindness for someone and share your experience

13 Write down 3 people in your life that you are grateful for today

14 Write down 3 things about yourself that you are grateful for today

15 You've made it halfway! Reflect on what you've learned this far and share 3 things you are grateful for from this experience

16 Write down 3 things about your skills that you are grateful for today

17 Write down 3 things about your abilities that you are grateful for today

18 Publically thank 3 people who contribute to making you, you

19 Write down 3 things you are grateful for today

20 Handwrite 3 thank you notes and send them via snail mail

21 Choose a word that describes how you are feeling and write 1 thing you are grateful for, for each letter in your chosen word

22 Choose 3 things you would normally see as a negative and write down why you're grateful for those things

23 Spend time in nature today and share 3 things you are grateful for from that experience

24 Take a picture of something you are grateful for and share why on social media

25 Write down 3 things that you have achieved that you are grateful for today

Do a random act of kindness for someone and share your experience **26**

Write down 3 goals and why you are grateful for them **27**

28 Write down 3 things you have learned through the past 28 days and why you are grateful for what you have learned

29 Write down 3 things you are grateful for today

30 Success! You did it! Write a thank you note to yourself for following through



evolve.