

A decorative maroon frame with intricate, symmetrical patterns. The frame is rectangular with rounded corners and features ornate, teardrop-shaped flourishes at the top, bottom, and sides. The patterns consist of repeating geometric and organic shapes, including circles, triangles, and teardrops, creating a rich, textured appearance.

21 DAYS GRATITUDE CHALLENGE

"Live your life from your heart. Share from your heart. And your story will touch and heal people's souls".

Why is it worth to appreciate your own life?



Appreciation of your own life can become the foundation of your wealth: spiritual, emotional and material. Imagine that your happiness - inner joy and peace - is like a flower and you are a gardener. No need to say that your goal is to make your plant beautiful, healthy and huge. So you start cultivating - every single day you take care of your little flower, you water it, you protect it from the wind and insects, you remove weeds. And the flower is growing and growing... So does your happiness. To cultivate it you should have tools. To bring yourself positive aspects of life every day, you should learn gratitude. And by cultivating a gratitude practice, you can make a profound difference in how you feel starting today.

Gratitude has been shown to reduce the negative effects of stress, improve sleep, and cultivate positive emotions. Establish new habit - be grateful, appreciate small things and you will become happier. Also, could it get any easier? Even during hard times or difficult weeks, there is always, always something you can point to (weather, a smile, unexpected call, friendly gesture).

I want to help you to cultivate your flower, that is why I created 21 days gratitude challenge. See our prompts for each day of the challenge and join our community of grateful people who want to make a change in this simple way. Follow the instruction and let your flower grow:-).



INSTRUCTION

1. Print the 21 days gratitude challenge and prepare your Gratitude Journal. Please find attached Journal's Sheets I provided, and if you will, you can print how many you like.
2. Every day, review the list from the day before. I suggest, before going to bed, read carefully the questions/task for the certain day.
3. Again, at the evening, write down in your Gratitude Journal your results.
4. At the end of the week, read them all. Ask yourself, how do you feel when you review all these results? Pretty good, I bet!

DAY 1

What is going on right now in my life?
Go for a small spontaneous trip at the weekend!
What do I love about myself at the moment?

DAY 2

Who means the world to me and why?
Brainstorm about your 5 strengths and be grateful for them.
What would I thank for my younger self?

DAY 3

What lesson did I learn this week?
Write about something you feel grateful for in your life today.
What made me smile today?

DAY 4

When was the last time I appreciated the sunset?
Recall an important person you lost the contact with.
What material comforts I am thankful for?

DAY 5

How have I been fortunate in my life?
Greet your neighbor you always ignore.
What thing I forgave myself that I appreciate most?

DAY 6

What or who am I lucky to have in my life?
Be grateful for your last small victory
What beautiful thing did I see today?

DAY 7

What place do I feel most grateful and why?
Call the person you lost contact with.
What have I seen lately to remind me that people are good?

DAY 8

What opportunities I had that I am thankful for?
Think about your favorite memory.
What is something I use every day that I am thankful for?

DAY 9

How many of my basic needs did I not have to worry about today?
Compliment somebody.
What struggle am I grateful for?

DAY 10

Who are the 5 persons I appreciate having in my life?
Go to a park to relax!
What change in my life I am grateful for?

DAY 11

What in nature am I especially grateful for?
Appreciate today the sunset with someone you love!
Write 10 things you love about yourself.

DAY 12

Tell someone something you appreciate about them.
Thank somebody you were lucky to meet!
List 5 things you are really good at.

DAY 13

Mention the biggest goal you achieved in your life.
Smile to a random person you meet on the street!
Bring treats to your workplace and share.

DAY 14

Listen loudly to a song that makes you positive.
Look at the pics from your best holidays.
Write about 5 things you are grateful for today.

DAY 15

What lesson did I learn this week?
Write about something you feel grateful for in your life today.
What I appreciate most of my best friend?

DAY 16

Recall a moment you have laughed last time
Print the random pictures you took.
What material comforts I am thankful for?

SMILE.

DAY 17

Write a list of reasons of why you love someone.
Share the list with that person!
What beautiful thing did I see today?

DAY 18

Write 10 things you are grateful to have.
Pick a good cause and donate whatever amount you can.
What do I like the most about the place I live in?

DAY 19

Stand in front of the mirror for five minutes and focus on 5 things that you love about yourself.
Do something small to express your care better of yourself (long bath, massage, etc.)

DAY 20

Take a picture of one thing, place, or person that makes you feel grateful.
Compliment somebody.
What made me smile today?

"Gratitude is the fairest blossom which springs from the soul."

DAY 21

Reward yourself for a small victory by buying yourself the thing you always wanted to.
What have I learnt during those 21 days?
Make a list.

MY GRATITUDE JOURNAL

