



RENEWED YOU
WELLNESS CHALLENGE

GRATITUDE PROMPTS

- A person who inspires you
- A smell that brings you joy
- An experience that made you happy
- A personal accomplishment
- A skill you possess that you are proud of
- Something good about your job or work
- Something someone did for you
- Something warm and cozy
- A song or podcast that made you happy
- Your favorite childhood memory
- A time when you laughed uncontrollably
- What you like most about yourself
- Your favorite thing to do in your free time and why you love it
- One positive thing (or more) that happened today
- Bonus: Write a gratitude letter to someone you appreciate!

PRACTICING GRATITUDE

- Journal with one of the prompts above, or just write a few things you are grateful for in the moment
- Practice mindfulness through meditation
- Look for the good in every situation (especially the tough ones)
- Appreciate the small things
- Express gratitude by writing a letter or giving a loved one a call
- Go for an outdoor walk and notice the beauty of nature
- Reward the efforts of others at work and let them know they are doing a good job
- Identify a gratitude object that will remind you to slow down and be grateful

GRATITUDE AFFIRMATIONS

- I am appreciative of all of the wonderful things this day brings forth
- I am grateful for who I am
- I am thankful for everything I have
- I am grateful for the opportunities this new day brings me
- I invite gratitude into my heart
- I am grateful to simply experience life



GRATITUDE JOURNAL

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Looking forward to: