



RENEWED YOU
WELLNESS CHALLENGE

MY GRATITUDE LIST

A person who inspires me:

A smell that brings me joy:

An experience that made me happy:

A personal accomplishment:

A skill I possess that I'm proud of:

Something found in nature:

Something good about my job or work:

Something someone did for me:

My favorite thing about where I live:

Something warm and cozy:

A song or podcast that makes me happy:

My favorite meal:

My favorite childhood memory:

A time when I laughed uncontrollably:

What I like most about myself:

My favorite thing to do in my free time and why:

One (or more) positive thing(s) that happened today: