

THE GRATITUDE PLEDGE

With a hopeful outlook, I, _____, promise to fulfill the terms of The Gratitude Challenge. Over the next 21 days, I pledge to complete the activities on my gratitude calendar, including writing journal entries, taking photos and connecting with friends. I promise to take note of life's little blessings and to give thanks for the relationships, experiences and opportunities that make my life unique. From this day forward, I commit to living on the brighter side of life.

Signature: _____ Date: _____

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