



TAKE NOTE. GIVE THANKS.

WWW.GRATITUDECHALLENGE.COM

sponsored by **tiny*prints**



Welcome to The "Fast-Track" Gratitude Challenge, a 7-day project created to help you take note of the brighter side of life. We invite you to spend a few minutes each day to count all of life's little blessings.



Use the alphabet as a fun and quick format for taking an inventory and making your list of things you are grateful for. Share this list with your social network.



Pick one of your five senses to focus on each day, discover how many gifts come to you via that single port of entry and write about it.



Write about all the things that make you so lovable. Take a moment to appreciate your personal style, talents and charm.



Take five minutes to write and give thanks for all of the wonderful things that you already have in your life. Don't long for what you don't possess, take stock of all the blessings you currently enjoy.



Take a picture of one thing, person, place or a specific moment that makes you feel grateful and share it with your social network.



Enjoy the people around you. Take a moment to appreciate their unique talents, abilities and personalities. Then send thank you notes to five people who deserve a little recognition.



Write a short message of thanks for some of the "negative" things in your life. Then take a moment to reflect on the 7 days of The Gratitude Challenge and what this process has meant to you.