Welcome to the 12 Days of Gratitude Challenge!

**Me Monday**
**DAY 1**
THINK ABOUT WHAT MAKES YOU UNIQUE. Write down five things that you like about yourself — whether it's something about your personality, your values, your accomplishments, or your style.

**Thoughtful Tuesday**
**DAY 2**
NOTICE THE LITTLE THINGS. As you travel to work, look around and see if you notice anything particularly pretty or interesting.

**Worksite Wednesday**
**DAY 3**
IDENTIFY THREE POSITIVE THINGS you’re thankful for at work — such as a supportive co-worker, the coffee shop downstairs, or a project you really enjoy working on.

**Thankful Thursday**
**DAY 4**
WRITE A THANK YOU NOTE OR EMAIL to a person that has positively impacted your life. If you have time, call them to express your feelings!

**Self-Care Sunday**
**DAY 7**
APPRECIATE YOURSELF BY PRACTICING SELF CARE. Spend 10-15 minutes today doing something you enjoy — whether that’s calling a friend, relaxing on the couch with your favorite book, or taking a few minutes to practice deep breathing before bed.

**Favorite Friday**
**DAY 5**
THINK ABOUT SOMETHING YOU REALLY LOVE — your favorite place to be, your favorite food, your favorite activity. Write about why you love it so much and how it makes you feel.

**Me Monday**
**DAY 8**
CHECK IN WITH YOUR BODY. Sit quietly with your eyes closed. Starting with your toes, assess each part of your body for tension and discomfort. Breathe deeply and think about relaxing each muscle. If a thought enters your mind, let it go.

**Social Saturday**
**DAY 6**
THINK ABOUT THREE PEOPLE in your life that you are grateful for — a teacher, mentor, neighbor, family member, or friend. Write about how your life would be different without those people.

**Worksite Wednesday**
**DAY 10**
WRITE A THANK YOU NOTE OR EMAIL to a co-worker that deserves recognition.

**Thankful Thursday**
**DAY 11**
SET A TIMER FOR TWO MINUTES and write down as many things as you can think of that make you happy.

**Finale Friday**
**DAY 12**
MAKE A PLAN to keep up your gratitude practice. Set a timer or download an app on your phone to track your gratitude on the go.

Welcome to the 12 Days of Gratitude Challenge!
What is gratitude?

Gratitude is a positive emotion that results from being thankful. Gratitude is about taking time to **recognize**, **acknowledge**, and **appreciate** the goodness in life — no matter how big or how small.

Why practice gratitude?

People who regularly practice gratitude tend to live healthier, happier lives. Gratitude is like a muscle — the more you practice it, the more your gratefulness will grow.

Benefits of gratitude

Gratitude can help you:

- Reduce stress and improve your mood
- Feel more joy and compassion
- Improve your sleep
- Protect your heart
- Boost your immune system
- Cope with adversity
- Improve your overall physical and mental well-being
- Feel more connected to your community and loved ones