

8-Day Gratitude Challenge Worksheet

Here's a sample 8-day gratitude challenge based on the work in this book. Use each day's prompt and reflect briefly below or in your journal.

- ☐ **#1 – Find your Gratitude Purpose** - Why do you want to strengthen your gratitude? (Chapter 6)

- ☐ **#2 – Define and Declare Your Gratitude Definition** - What does gratitude mean to you? Write it down and tell someone. (Chapter 10)

- ☐ **#3 – Measure Gratitude** - Create your gratitude baseline and date it. (Chapter 7)

- ☐ **#4 – Try Active Gratitude, Not Passive** - What are you grateful for that you did recently? (I am grateful I chose to attend this event)

- ☐ **#5 – Be grateful for 360 degrees of One Thing** - Find all the pre-, post-, next, and future that went into this one thing to be thankful for. (Example: water: plumbing, pumping stations, testers, nature)

- ☐ **#6 – Start with Common Ground** - Find someone you are not grateful for and find something in common with them. (Verbalize when there is conflict)

- ☐ **#7 – Hold One Opposite** - Pick one negative emotion and, at the same time, be grateful. (Example: anger and grateful)

- ☐ **#8 – Find an Integration Point** - Pick something you do regularly and integrate gratitude into it. (Examples: teeth brushing, coffee)

Bonus: Make your own 8 Day Gratitude Challenge.