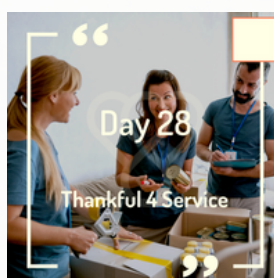
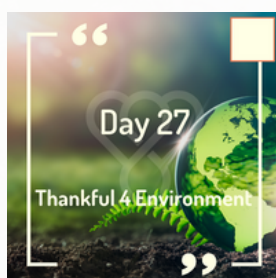
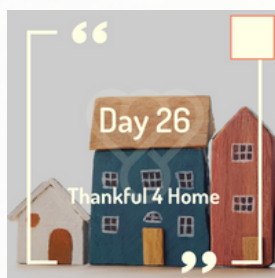
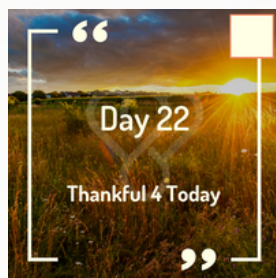
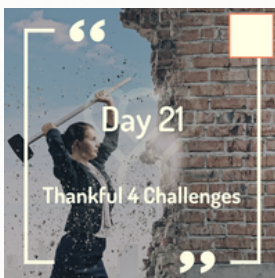
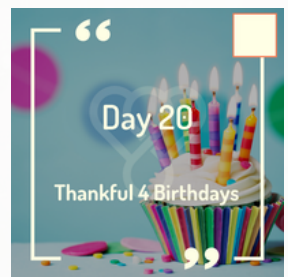
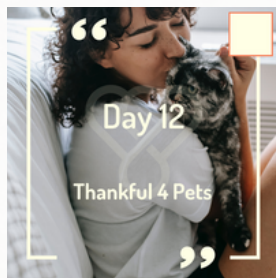
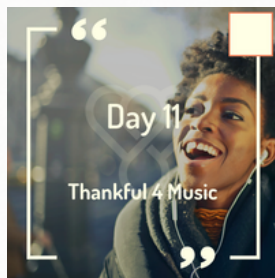
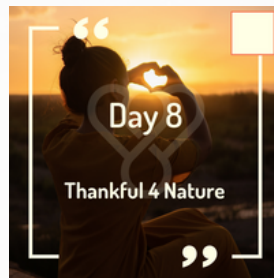
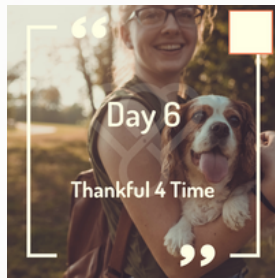
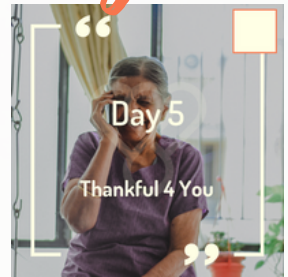
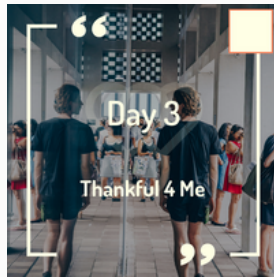
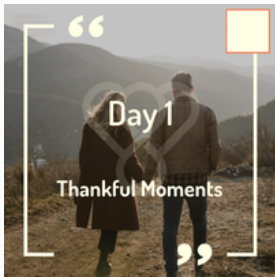




30-DAY

Challenge



THANKFUL 30 DAY CHALLENGE JOURNAL

Day 1 - Give people your full attention. Switch off your phone when you are with people, look up when you are walking, and notice what's around you. Write 3 things you haven't noticed before and are thankful for. #ThankfulMoments

Day 2 - Everyone appreciates positive feedback. So, tell your boss or your colleagues why you are thankful for them. #Thankful4Colleagues

Day 3 - You are perfectly imperfect. Today, every time you see your reflection, tell yourself one thing that you love about yourself. At the end of the day list all the reasons you are thankful for you! #Thankful4Me

Day 4 - Train arriving on time...3 green lights in a row...Blue sky or colours of the changing season... On your way to work today, find 3 things you are thankful for #Thankful4SmallThings

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Day 5 - Connect with someone you have not spoken to in a while...a relative, a friend, an old colleague to let them know you are thinking of them and tell them why you are thankful for them. #Thankful4You

Day 6 - Take time out to do something just for you. Go for a walk, listen to music, play with your pet. Reflect on the 3 things you are thankful for today. #Thankful4Time

Day 7 - Share a meal with your family and share with each other what you are thankful for today. #Thankful4Family

Day 8 - List your favourite things to do outside, and why you are thankful for them. #Thankful4Nature

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Day 9 - Instead of focusing on the things your family do that drive you crazy, focus on the things they do that you love. Today tell them why you are thankful for them.

#Thankful4Love

Day 10 - Food doesn't just nourish the body, it nourishes the soul. List your favourite foods and write why you are thankful for them..."my mum's chicken soup - because she made it every time I was not feeling well and it reminds me of how much she loves me."

#Thankful4Food

Day 11 - Listen to your favourite song today. And then listen to it again and then listen to how it makes you feel. Write down three reasons you are thankful for music.

#Thankful4Music

Day 12 - Spend some time with your pet today, take them for a walk, snuggle on the couch or give them a treat. What are the 3 reasons you are thankful for your pet or animals? #Thankful4Pets

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Day 13 - Call your family, write them a letter or surprise them with a visit and tell them how much you appreciate all that they have done and do for you and why you are thankful for them. #Thankful4Family

Day 14 - Food doesn't just magically appear on supermarket shelves. Every day, three times a day we need a farmer. Take the time to acknowledge the men and women who have grown your food and list 3 reasons why you are thankful for farmers. #Thankful4Farmers

Day 15 - We all know amazing women, but when did you last tell them how much you valued and appreciated them. Tell 3 women in your life you are thankful for them. #Thankful4Women

Day 16 - Recognise and celebrate all of the things that make you so uniquely you. Write yourself a love letter listing all of the reasons you are thankful for being you. #Thankful4Me

THANKFUL 30 DAY CHALLENGE JOURNAL

Day 17 - Connect with a friend and check in to see how they are doing? List 3 reasons why you are thankful for your friends. #Thankful4Friends

Day 18 - We argue, we laugh, we might not always be together, but we know they are there if we need them. So many reasons to tell your family why you are thankful for them. So don't wait tell them today! #Thankful4Family

Day 19 - Our health is our wealth. Our bodies may not be perfect, but they are precious. Recognise three things about your body that you thankful for? #Thankful4Health

Day 20 - Life doesn't begin in our 20's or 30's or 50's, life begins when we are thankful for who we are? Write down the reasons you are thankful for the age that you are? #Thankful4Birthdays

THANKFUL 30 DAY CHALLENGE JOURNAL

Day 21 - We have all experienced difficult times in our lives. Write down what these challenges have taught us and why you can now be thankful for having experienced them. #Thankful4Challenges

Day 22 - Every moment matters and each day is a new opportunity. What are the 3 things you are thankful for today? #Thankful4Today

Day 23 - Our community is a place of familiarity, of memories, and of people. Recognise the 3 things about your community that you are most thankful for.
#Thankful4Community

Day 24 - We all have them, sometimes we don't even realise it. From Friday pizza night, to annual celebrations and holidays. What 3 family traditions are you most thankful for?
#Thankful4Traditions

THANKFUL 30 DAY CHALLENGE JOURNAL

Day 25 - Today do something kind; open a door, give up your seat on the train, make your family their favourite meal, give your partner your full attention or take your pet for an extra long walk. And at the end of the day, list 3 reasons you have to be thankful.

#Thankful4Kindness

Day 26 - A roof over your head, a bed to sleep in, a place to feel safe. Why are you thankful for your home? List all the reasons. #Thankful4Home

Day 27 - The warmth of the sun, the first snow of the season, the buzzing of bees, the shade of a tree or the many shades of green. List three reasons you are thankful for the planet and environment. #Thankful4Environment

Day 28 - There are many ways to serve others and help. From the men and women who serve their country, to the teachers in classrooms around the world, the doctors and nurses and the volunteers at the local charity. Make a list of the service men and women you are thankful for. #Thankful4Service
