



TAKE NOTE. GIVE THANKS.


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Welcome to The Gratitude Challenge, a 21-day project created to help you take note of the brighter side of life.

At Tiny Prints, we believe that sharing gratitude for everyday experiences can revitalize our commitment to living life in a sensational way. As a result, we invite you to spend a few minutes each day appreciating all of life's little blessings through the following list of tasks.

Many of the activities will ask you to write down things for which you feel grateful. Please feel free to do so in any medium available to you, whether that's in a journal or on a personal blog. Remember to attend to each item on its assigned day, and don't skip ahead! It's important to be present and perform each directive at its own pace.





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WEEK 1:

BE GRATEFUL FOR WHAT YOU HAVE

DAY
1

Today you start The Gratitude Challenge. Sign the contract and make a commitment to take note and give thanks for the next 21 days. Express why you accepted this challenge and what you hope to achieve from it.

DAY
2

Use the alphabet as a fun and quick format for making a list of things for which you feel grateful. Share this list with your social network through email, a blog post or a Facebook or MySpace page.

DAY
3

Write about something you feel grateful for in your life today.

DAY
4

Write a short message of thanks for some of the "negative" things in your life.

DAY
5

Take five minutes to write about how grateful you are for all of the wonderful things that you currently have in your life. Don't long for what you don't possess—instead, take stock of all the blessings you already enjoy.

DAY
6

Take a few minutes to call someone you haven't talked to in a while. Tell them how much you appreciate them.

DAY
7

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



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WEEK 2:

BE GRATEFUL FOR EVERYTHING AROUND YOU

DAY

8

Send thank you notes to five people who deserve a little recognition.

DAY

9

Enjoy the people around you. Take a moment to appreciate their unique talents, abilities and personalities.

DAY

10

Pick one of your five senses to focus on each day. Take note of how many gifts come to you via that single port of entry. Write about this experience.

DAY

11

Try to see the world through the eyes of a child. Think about the things you take for granted on a daily basis, and then express gratitude for everything down to the basic necessities that sustain your current life.

DAY

12

Today, make the effort to live life with a positive outlook. Restrain from criticizing the people around you. Dare to see the glass half full. Listen more than you speak. Give freely of yourself. Practice kindness at every opportunity.

DAY

13

Pick three friends or family members you see regularly. View their actions and gestures through a positive lens, assuming their goodness and witnessing their best intentions.

DAY

14

It's been two weeks since you started The Gratitude Challenge. Write about how The Challenge has changed your perspective thus far.



WEEK 3:

BE GRATEFUL FOR WHO YOU ARE

DAY

15

Take the time to focus on yourself. Appreciate and give thanks for your unique personality, skills and talents.

DAY

16

Stand in front of the mirror for five minutes and focus on at least five things that you love about yourself. Write them down in your journal.

DAY

17

Write about something you feel grateful for in your life today.

DAY

18

For the past three days, you have focused on appreciating what makes you unique. Write about all the things that make you so lovable. Take a moment to appreciate your personal style, talents and charm.

DAY

19

Have confidence in the all the choices you have made today and be grateful for being able to believe in yourself.

DAY

20

As The Challenge winds down, write a thank you note to yourself. Thank yourself for taking the time to stop and focus on all the little things for which you feel grateful.

DAY

21

Reflect on the 21 days of The Gratitude Challenge and what this process has meant to you.