

Choose Gratitude - Share the Light

21-Day Challenge



CHALLENGE GOAL

Practice a gratitude activity every day for 21 days.

According to positive psychology, gratitude is strongly and consistently linked to greater happiness and more positive emotions. Gratitude serves as a powerful tool for fostering resilience and overall well-being. Practicing gratitude regularly can improve physical health by lowering blood pressure, improving sleep and increasing overall well-being.



WAYS TO PRACTICE GRATITUDE

- Journaling things for which you're grateful
- Telling people why you're grateful for them
- Taking a gratitude walk and noting things that bring you joy



HOW TO USE THIS TRACKER

Week 1: List three things each day you're grateful for, big or small.

Week 2: Tell someone you are grateful for them and write their name in the box.

Week 3: Take a gratitude walk and write down things you saw, felt or heard that brought you joy.



BE INSPIRED

Want some inspiration on how to share your light? Learn how one person's passion for placemaking became a catalyst for community gratitude.

[Gratitude Tree and Placemaking in Vermont with Porter Knight](#)

WEEK 1: Write three things you are grateful for each day.



According to Shawn Achor, a leading researcher in positive psychology and author of *The Happiness Advantage*, writing down three new things you are grateful for each day for 21 days is a powerful, science-backed method to rewire your brain to become more positive, optimistic, and successful. Let's focus on this habit for the next 7 days.



DAY 1:

DAY 2:

DAY 3:

DAY 4:

DAY 5:

DAY 6:

DAY 7:

ELEVATE YOUR EVERYDAY: ONE HABIT AT A TIME

If you enjoyed this practice, consider starting a gratitude jar. At the end of each day – or even once a week – write down something you're grateful for and place it in the jar. On New Year's Eve, open it and read through the notes to reflect on all the good moments from the past year.



Feel-good Reminders

Create a gratitude jar. Place gratitude notes in the jar and when you're feeling down, read some of them.

WEEK 2: Tell someone you're grateful for them and write their name below.



According to The Greater Good Science Center at the University of California, Berkeley, "A great deal of research has shown that gratitude helps us to initiate, maintain, and strengthen our relationships. Gratitude may make our romantic relationships closer and more satisfying, encourage us to feel more invested in friendships, and even cause us to be more helpful coworkers."



GRATEFUL TO:

ELEVATE YOUR EVERYDAY: ONE HABIT AT A TIME

On the first day of every month, set a reminder to reach out to someone you care about but haven't spoken to in a while. Send a text, email, or note letting them know how much they mean to you.



WEEK 3: Take a gratitude walk and write down things you saw or heard that brought you joy.

According to CALM, "Taking a gratitude walk can help to lower stress hormones, improve cognitive function, and enhance mood. This gentle shift in focus toward what you're grateful for, gives your brain and body a subtle but meaningful reset."



1.

2.

3.

4.

5.

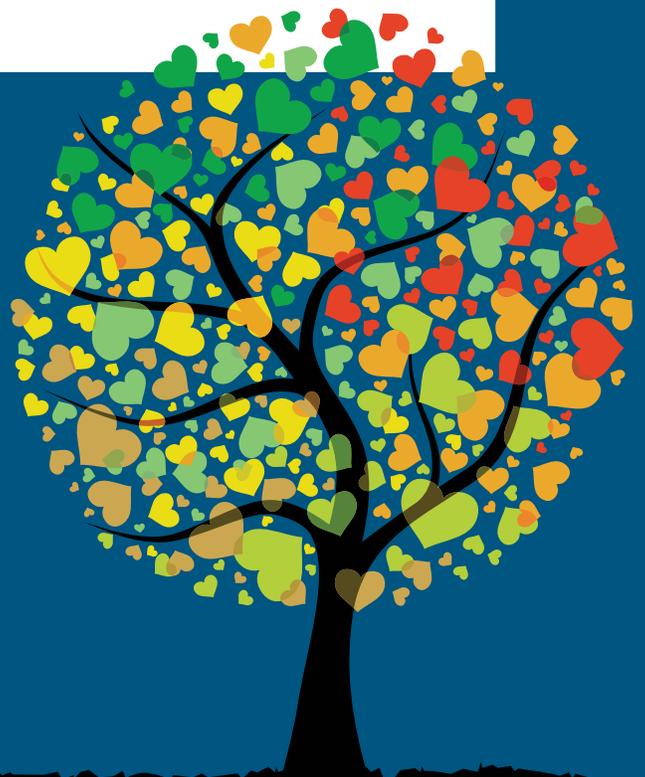
6.

7.



ELEVATE YOUR EVERYDAY: ONE HABIT AT A TIME

Take a short 10-minute walk and leave your phone behind. Pay attention to your five senses and intentionally appreciate the sights, sounds and sensations around you.



REFLECT

How has your perspective changed because of this gratitude practice?



Please scan the QR code to complete the reflection survey or visit [this link](#).



What part of this challenge will you carry forward?

