

# 21-DAY FAMILY GRATITUDE CHALLENGE

1 A favorite place to visit

2 A challenge you overcame recently

3 A favorite memory from this year

4 Something you love about yourself

5 Someone that always makes you laugh

6 Something useful in your home you are grateful for

7 Someone in your life you are grateful for and why

8 A time you were grateful for something a friend did for you

9 Something good that happened to you today

10 A new skill you learned recently

11 Someone who helped you solve a problem

12 A favorite family tradition

13 A new food you tried recently and liked

14 A recent time you helped someone

15 A time when you felt courageous or brave

16 A family member you are grateful for

17 A book you read and loved

18 A friend you love spending time with

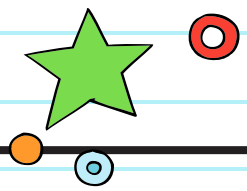
19 A favorite thing to do outside

20 A movie you recently watched and loved

21 A nice place you traveled to, near or far

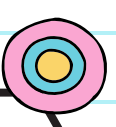
Choose one prompt a day to practice gratitude together. Color in the section when you're done.

# Gratitude Journal



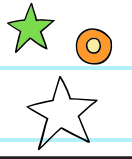
*Sunday*

*Monday*



*Tuesday*

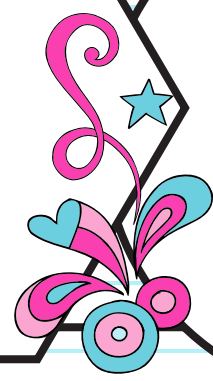
*Wednesday*



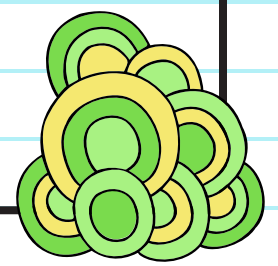
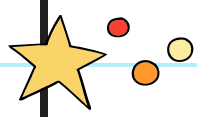
*Friday*

*Saturday*

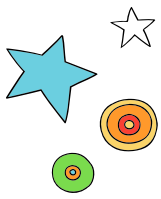
*Thursday*



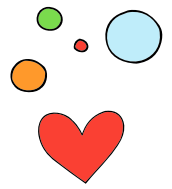
*The best things about the week...*







# Here are the Best Things About You



Share these observations with your friend or family member.

|   |                                       |
|---|---------------------------------------|
| <i>Your appearance:</i>                   | <i>Your strengths:</i>                |
|   |                                       |
| <i>The talents that make you special:</i> | <i>The obstacles you've overcome:</i> |
|   |                                       |
| <i>The things you've done for others:</i> | <i>The times we've had together:</i>  |
|   |                                       |
| <i>The future that's ahead of you:</i>    | <i>???</i>                            |
|   |                                       |





# 30 DAY Family Self-Care Challenge

|   |  |   |  |  |   |                       |
|---|--|---|--|--|---|-----------------------|
|   |  |   | 1<br>STORY TIME<br>   | 2<br>GRATITUDE WALK  | 3<br>COOK TOGETHER<br>       | 4<br>FAMILY PLAYLIST  |
| 5<br>DECLUTTER  | 6<br>PLAN A PICNIC   | 7<br>MOVIE NIGHT<br>    | 8<br>GROUP NAP   | 9<br>FAMILY JOURNAL<br>   | 10<br>SING YOUR HEARTS OUT  | 11<br>VISION BOARD    |
| 12<br>GAME NIGHT  | 13<br>MINDFULNESS JARS   | 14<br>PHOTO HUNT  | 15<br>VOLUNTEER<br> | 16<br>START A GARDEN<br> | 17<br>HOST A FOOD/ CLOTHING DRIVE   | 18<br>PLAN A BREAK    |
| 19<br>"BACKYARD" GAMES  | 20<br>ALONE TIME, TOGETHER   | 21<br>SWAP LETTERS<br> | 22<br>PRACTICE BELLY BREATHS   | 23<br>DRAW SELF- PORTRAITS   | 24<br>ICE-CREAM BUFFET<br> | 25<br>THANK YOU NOTES |
| 26<br>HUG IT OUT<br> | 27<br>BIKE RIDE<br> | 28<br>SET MORNING INTENTIONS  | 29<br>GIVE COMPLIMENTS   | 30<br>ACTS OF KINDNESS   |   |                       |