

Gratitude Challenge

2024

One month challenge that will enter you into a raffle to win stress relief / yoga items!

2024 Gratitude Challenge

TriHealth is inviting Xavier Faculty and Staff to take part in the Gratitude Challenge. This challenge will last a month starting **Monday, December 2nd** – **Friday, January 3rd**.

Follow the prompts on the correct calendar day. After completing the prompt, on a journal page record the prompt date and record what was asked of you to do for that corresponding day. Some prompts are actions, some might be more geared towards emotions. However, for each prompt write down what you did (if action was required) and how it made you feel- an example is provided below.

You will need to complete at least 4 days each week to complete this challenge. Please submit the calendar below with the days that you completed checked off to xavierwellbeing@trihealth.com by **Friday, January 10th** to be entered into the raffle. You **do not** need to submit your journal entries, only the calendar below.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2 What are you grateful for right now?	3 Call a family member or friend to express gratitude towards them.	4 When do you feel most at peace?	5 What is your favorite memory & why?	6 How did it make you feel when someone told you they were grateful for you?	7 Bring a friend or family member lunch.
8 Give someone a compliment.	9 What is a mistake that you are grateful you	10 Unfollow any social media accounts that do not make you feel good.	11 Take a walk with a family member or friend.	12 Donate to a local shelter.	13 Make a list of people you are grateful for.	14 Pay for the person behind you in a checkout line.
15 What are two things you are grateful to have?	16 What is your favorite way to relax?	17 What is your favorite thing to do on the weekends?	18 Name someone who makes you smile.	19 What does gratitude mean to you?	20 What was a good thing that happened to you this week?	21 Carry someone's groceries for them.
22 Who always makes you feel better when times are tough?	23 What is a guilty pleasure you have?	24 What is some positive news you received lately?	25 Happy Holidays!	26 What is an accomplishment you are most proud of?	27 When you have difficult days, how do you turn them around?	28 Name someone ELSE who makes you smile!
29 Name one person you are grateful for this past year.	30 Make a list of all the things you want to accomplish in the New Year!	31 What I one thing you are grateful for this past year?	1 Happy New Year!	2 Call someone you haven't spoken to in a long time to say "Happy New Year!"	3 What did you enjoy most about this challenge?	

