



Morris
Health

The 7-day Gratitude Challenge

DAY ONE

Make a list of five things in your life that you are thankful for.

DAY TWO

No Complaining. Go a full day without a single complaint.

DAY THREE

Express gratitude to a least one important person in your life.

DAY FOUR

Take a 5-minute gratitude pause. Pause. Reflect. Give Thanks.

DAY FIVE

Go outside and feel gratitude for the beauty that surrounds you.

DAY SIX

Give yourself a mirror pep talk.

DAY SEVEN

Smile! Give everyone you meet a smile!