



**NOVEMBER  
GRATITUDE  
CHALLENGE**

**WHO'S READY TO  
LEARN ABOUT  
NOVEMBER'S  
#GIVEITAMONTH  
CHALLENGE?**

# MONTHLY GRATITUDE CHALLENGE GOALS

**Take time to be thankful each day**

**To have a more positive take on life**

**To share positive thoughts &  
encouragement with those around me**

# WEEK 1: ESTABLISH A GRATITUDE PRACTICE

**Take a Walk or Run and Listen  
to @thealisonshow's Gratitude Podcast**

**Schedule a Daily Gratitude Reminder**

**Identify and Write Down 3 Ways I Can  
Learn From my Mistakes**

# WEEK 2: WRITTEN WORDS OF GRATITUDE

**Write in a Gratitude Journal All Week**

**Write a Thank You Note Every Day**

**Write a Positive Review Online**

# **WEEK 3: THOUGHTS OF THANKFULNESS**

**Commit to One Day When I Don't  
Complain About Anything**

**Post Positive Quotes & Images  
Around My House**

**Think Positive Thoughts  
About People I Dislike**

**Don't Gossip or Speak Poorly of Others**

**Try to Look at the Positive Side  
of EVERY Situation**

# **WEEK 4: WORDS OF THANKFULNESS**

**Thank someone for something they've done for you**

**Share gratitude each day by posting a tweet, Facebook post or Pinterest.**

**Make gratitude a part of family time & share a positive word during meal time**

**Compliment a Stranger**

**Compliment a Friend**

# WEEK 5: REFLECTIONS AND ACTIONS

**Reflect and Pick One Action to  
Complete From the 4 Prior Weeks**

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