

MONTHLY MISSION

GROWING GRATITUDE

WEEK ONE:

- Pop gratitude notes in a gratitude jar
- Say 'thank you' to 3 people
- Name 6 things you are thankful for
- Choose not to complain all day
- Take a walk, being thankful
- Make up a gratitude game. Play it!
- Support a local business today

WEEK TWO

- Phone someone for friendly chat
- Donate to charity
- Share a story about being thankful
- Show kindness to a stranger together
- Reminisce with old photos
- Enjoy a food that you love. Savour it!
- Write/send a thank you note

WEEK THREE

- Enjoy company! Meet up with friends
- Practice saying 'thank you' today
- Pamper yourself and appreciate it
- Offer your help to someone today
- Stop and reflect for 5 minutes
- Write 6 things you like about you
- Play music and dance for 5 minutes!

WEEK FOUR

- Have some fun and appreciate it
- Make a creative 'thank you'. Give it!
- Write 6 things you take for granted
- Write a poem about gratitude
- Read the notes in your gratitude jar
- Start a gratitude journal
- Celebrate! Choose your next Monthly Mission

Write your affirmations here

