



Four weeks of GRATITUDE



Tick off each week's tasks in no particular order.

*see our website for extra resources or ideas: www.fairytalefraud.com

WEEK 1

- Create a gratitude list for the month
- Tell 3 people 'thank you'!
- Name 6 things you are thankful for
- Choose not to complain all day!
- Take a walk, being grateful!
- Make and play a gratitude game*.
- Support a local business today

WEEK 2

- Phone someone for a catchup.
- Donate to a charity
- Share stories about gratitude
- Be kind to a stranger!
- Reminisce with old photos
- Enjoy food you love. Appreciate it!
- Write/send a thankyou note

WEEK 3

- Enjoy company! Have friends over
- Practice saying 'thankyou' today
- Pamper yourself and appreciate it
- Offer your help to someone today
- Stop and reflect for 10 minutes
- Get fresh flowers or a plant
- Give to others. Make donations

WEEK 4

- Have some fun and appreciate it!
- Make a creative 'thankyou'!
- Write 6 things you like about you!
- Name 6 things you take for granted.
- Write a poem about gratitude
- Play music, dance and be alive!
- Start a gratitude journal