

# The 5 Minute 5 Day Gratitude Challenge



## THE CHALLENGE

5 TOPICS~5 DAYS~ 5 MINUTES

THE RULES ARE VERY SIMPLE

FOR 5 DAYS FIND ONE THING THAT YOU'RE GRATEFUL FOR IN EACH OF THESE 5 TOPICS.

1. WHAT YOU'RE GRATEFUL FOR ABOUT YOURSELF.
2. WHAT YOU'RE GRATEFUL FOR ABOUT YOUR LIFE.
3. WHAT YOU'RE GRATEFUL FOR ABOUT YOUR RELATIONSHIPS.
4. WHAT YOU'RE GRATEFUL FOR ABOUT THE FUTURE.
5. WHAT YOU'RE GRATEFUL FOR ABOUT YOUR PAST.

ONLY SPEND 5 MINUTES EACH DAY DOING THIS.

Gratitude Challenge: Day 1

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Gratitude Challenge: Day 2

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Gratitude Challenge: Day 4

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Gratitude Challenge: Day 3

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Gratitude Challenge: Day 5

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