

THE

# Gratitude

CHALLENGE

## TAKE THE GRATITUDE CHALLENGE!

Awaken the power of gratitude to unleash your joy.

*It starts with a 7 day experiment.*

**G**ratitude is transforming. In a world filled with hardship and daily challenges, the practice of gratitude is a catalyst for joy.

It seems that so often notions of gratitude get stuck at a surface level. It's happens at a Thanksgiving table when people name gratitude for their job, their health, their dog, or "well, I like turkey."

When we learn to go below the surface, to the place of deep gratitude, we literally train our brains to see life differently.

**I**f you heard that 10-15 minutes a day could transform your life, would it be worth a try?

*The Gratitude Challenge* is an invitation into that deeper territory every day for seven days. Think of it as an experiment with joy.

"Gratitude changes the way  
we experience the world."  
*John Milton*

## The 4-Step Daily Challenge

Set aside some time each day (approx. 15 min.) and follow these best practices to mine the nuances of one thing you are grateful for.



### Identify One Thing You're Grateful for

Key to the process is to focus on one thing each day for which you are deeply grateful. To help you think of new ideas, see the *Gratitude Prompts* on the final page..

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### Ask “WHY?” Three Times

Deliberately ask yourself, “why am I grateful for this?” When you come up with an answer, ask the question again. Repeat the process three times, going deeper each time.

Feel free to ask the why question different ways: “*Why is this important to me?*” “*How does this affect my life?*” “*Why do I care about this so much?*”

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### Write Out Your Thoughts

Writing things out often helps us slow down, become more concrete, and think more deeply. Use a legal pad, fancy journal, or whatever you can find. What you write on doesn’t matter, the kinesthetic act of writing helps your brain focus.

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### Tell Someone

Gratitude leaks out in good ways all on its own, but the deliberate act of telling one person one aspect of what you are grateful for will anchor the impact of your reflections. It’s infectious. Just keep it simple.

## *I Want to Do More!*

I finished the seven day challenge, but I want more. What comes next?

### 1.) **DON'T STOP: Go for 30 days!**

- 7 days will teach you a new skill
- 30 days can start a new habit
- You’ve done seven days, *only 23 more to go*

### 2.) **TELL YOUR STORY**

#### • **Pay it Forward with a Friend**

*Do coffee or have lunch. Tell them how this practice of gratitude is affecting you and challenge them to try it.*

#### • **Email Me**

*Share your experience. I am gathering stories and am curious to see what God does.*

[gary@aboutleading.com](mailto:gary@aboutleading.com)

#### • **Buy a New Journal: Make it Permanent!**

*Create a Gratitude Journal to record your joy.*

“From a brain science perspective, it is interesting to note that appreciation turns on our mental receptors... it prepares us for interaction with people.”

*RARE Leadership,  
Marcus Warner, Jim Wilder*



## Gratitude Prompts

We all have a short list of things and people for which we are thankful. The 20 prompts below offer you other areas to consider.

### Familiar Categories....

- Things I have
- Circumstances I'm in
- Experiences that enriched my life
- Physical health or abilities
- Family and friends

"Piglet noticed that even though he had a very small heart, it could hold a rather large amount of gratitude."

A.A. Milne

### Layers of Impact...

- Ways life is better today than yesterday
- Needs that are being met and how
- Relationships that add joy to my life
- Mentors and teachers who influence me
- Dreams that are becoming possible

### Growth and Progress...

- Lessons that give me a new perspective
- Challenges I've overcome
- Opportunities to be generous or serve others sacrificially
- Sorrows and grief that awaken my deeper humanity
- Relational wounds that have been healed or overcome

### God and His Work in My Life,...

- Value of being known and loved by God
- Aspects of His character that touch me
- His promises that minister to me
- Ways He has directed the steps of my life
- Opportunities to join Him in His mission

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