

February Gratitude Challenge



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Write 5 things you love about yourself
2 Print a photo you love of yourself	3 Look at the stars	4 Leave yourself a love note	5 Buy yourself flowers	6 Make a playlist of your favorite songs	7 Go for a walk on your lunch break	8 Unplug for 2 hours
9 List 5 things that make you happy and put it on your mirror	10 Revisit a childhood hobby or activity	11 Say No when you want to say No	12 Set your dinner table with candles and a beautiful place setting	13 Give yourself a genuine compliment	14 Splurge on something you've been wanting	15 Treat yourself to a foot massage at a nail salon
16 Have a leisurely breakfast	17 Plan a movie night	18 Sign up for a fun class	19 Look in the mirror and tell yourself you're great just as you are	20 Write yourself a letter about all the terrific things about you	21 Unsubscribe from email accounts you don't need	22 Dress up in an outfit that makes you feel good
23 Make a promise to yourself and keep it	24 Try a workout class you've never done before	25 Say Thank You instead of I'm Sorry	26 Take a minute to stretch when you're stressed	27 Make yourself a green smoothie with berries	28 Cook yourself a special dinner	

My Intentions
