**Gratitude Challenge!**

**An attitude of Gratitude!!**

-Gratitude is about focusing on what's good in our lives and being thankful for the things we have, even when we are feeling sad, low, angry or like nothing is going right. These are actually the MOST important times to remember the things we have in our lives to be grateful for!

-Gratitude is pausing to notice and appreciate the things that we often take for granted, like having a place to live, food, clean water, friends, family, even computer access.

**Try this!**

Having gratitude can be harder than it seems, especially when we are struggling, so it’s actually a skill that needs to be practiced in order to become a habit and a mindset.

The more you do it, the easier it gets!

And the more we become mindful of what we have to be thankful for in our life, the better we feel!

-Create a journal (doesn’t need to be fancy) and write in your journal EVERYday, even if it is just 1-2 things every day for 1 week!

-Then set a goal for 1 month, and so on!

-Can you imagine doing it every day for 1 year… that is 365 things to be thankful for!

Are you up for the challenge?

\*Reminder: the things we think of do not have to be “big”. Noticing the little things and how many of them there really are is very important because little things add up to make a big difference!

Even something as simple as being grateful for the weather, the person who opened a door for you, or a smile from someone can brighten our mood. ☺