

60 DAY

GRATITUDE CHALLENGE

with LAUREN

INNER DIMENSION TV

60 DAY GRATITUDE CHALLENGE

1 Surprise someone with a gift of gratitude. For example buy a stranger's cup of coffee or send a friend a surprise \$5 over Venmo so they can buy themselves a drink!	2 Write down 3 things you're grateful for and explain why you're grateful for them	3 Move with gratitude <i>Recommended practice: A Life of Gratitude: Joy</i>	4 Send a note of gratitude. Email or mail a letter to someone you're grateful for	5 Do a Gratitude meditation <i>Recommended practice: Gratitude</i>	6 Take 5 minutes reflecting on something that happened recently you feel grateful for	7 Move with gratitude <i>Recommended practice: A Life of Gratitude: Acceptance</i>
8 Give something away to someone that you know they would love and appreciate	9 Meditate with gratitude <i>Recommended practice: Gratitude to Start Your Day</i>	10 Write down 5 people you feel grateful for in your life. Why are you grateful for them?	11 Move with gratitude <i>Recommended practice: A Life of Gratitude: Gratitude</i>	12 Give a meaningful compliment to a stranger	13 Move with gratitude <i>Recommended practice: Cultivating Joy</i>	14 Call a friend and say thank you
15 Practice gratitude in motion <i>Recommended practice: Gratitude Embodied</i>	16 Replace a complaint with a thought of gratitude	17 Meditate with gratitude <i>Recommended practice: Gratitude Meditation</i>	18 Show an animal gratitude. If you have a pet, give them affection. If not, when you see an animal today such as a bird in the sky, express your gratitude for nature.	19 Move with gratitude <i>Recommended practice: Gratitude</i>	20 Write down 3 things you feel grateful for about your work or daily routine	21 Meditate with gratitude <i>Recommended practice: Meditation on Gratitude and Joy</i>
22 Think of a favorite vacation and savor the memory with gratitude	23 Move with gratitude <i>Recommended practice: Joy</i>	24 Give yourself flowers (or any small gift) and remember to give gratitude to yourself	25 Meditate with gratitude <i>Recommended practice: Gratitude</i>	26 Think about something you're looking forward to and sense your gratitude for the upcoming opportunity or experience	27 Move with gratitude <i>Recommended practice: A Life of Gratitude: Joy</i>	28 Go on a gratitude walk, be in nature and give thanks to the planet
29 Meditate with gratitude <i>Recommended practice: Something Valuable</i>	30 Help a stranger, even holding the door open for someone in need counts.	31 Move with gratitude <i>Recommended practice: A Life of Gratitude: Acceptance</i>	32 Cook something and share it with a friend, neighbor or loved one	33 Meditate with gratitude <i>Recommended practice: Prime Time</i>	34 Call a family member and express your gratitude	35 Move with gratitude <i>Recommended practice: A Life of Gratitude: Gratitude</i>

60 DAY GRATITUDE CHALLENGE

<p>36</p> <p>Write a positive review for a small business you frequent</p>	<p>37</p> <p>Meditate with gratitude <i>Recommended practice: Gratitude</i></p>	<p>38</p> <p>Write down 3 things you feel grateful for about your neighborhood</p>	<p>39</p> <p>Practice gratitude in motion <i>Recommended practice: Gratitude Embodied</i></p>	<p>40</p> <p>Volunteer or donate (it can be small!)</p>	<p>41</p> <p>Meditate with gratitude <i>Recommended practice: An Amazing Day Meditation</i></p>	<p>42</p> <p>Think of 3 ways you're grateful for your body. Write about it and explain why</p>
<p>43</p> <p>Move with gratitude <i>Recommended practice: Gratitude</i></p>	<p>44</p> <p>Donate 3 things from your closet</p>	<p>45</p> <p>Meditate with gratitude <i>Recommended practice: Spirit</i></p>	<p>46</p> <p>Leave a kind note for someone as a surprise</p>	<p>47</p> <p>Move with gratitude <i>Recommended practice: Joy</i></p>	<p>48</p> <p>Treat yourself to your favorite meal and before eating, pause and give thanks.</p>	<p>49</p> <p>Meditate with gratitude <i>Recommended practice: Gratitude</i></p>
<p>50</p> <p>Cook a meal or pick up a favorite treat for someone you're grateful for</p>	<p>51</p> <p>Move with gratitude <i>Recommended practice: A Life of Gratitude: Jo</i></p>	<p>52</p> <p>Engage in a random act of kindness</p>	<p>53</p> <p>Meditate with gratitude <i>Recommended practice: Gratitude Meditation</i></p>	<p>54</p> <p>Think about an ancestor you're grateful for</p>	<p>55</p> <p>Move with gratitude <i>Recommended practice: A Life of Gratitude: Acceptance</i></p>	<p>56</p> <p>Buy a friend a drink (kombucha counts!)</p>
<p>57</p> <p>Meditate with gratitude <i>Recommended practice: Gratitude to Start Your Day</i></p>	<p>58</p> <p>Email a mentor to say thanks</p>	<p>59</p> <p>Move with gratitude <i>Recommended practice: A Life of Gratitude: Gratitude</i></p>	<p>60</p> <p>Start a gratitude journal to keep it going!</p>			