



30-DAY GRATITUDE CHALLENGE

Spend this month showing gratitude toward yourself and others. Try a new challenge each day and reflect on how it makes you feel. At the end of the month, check in with yourself and see which of these activities you would like to add into your routine.



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DAY 1 CHECK IN ON A FRIEND	DAY 2 MEDITATE FOR 5 MINUTES	DAY 3 WRITE DOWN 3 THINGS YOU'RE GRATEFUL FOR	DAY 4 TRY TO SMILE MORE THROUGHOUT THE DAY	DAY 5 WRITE A NOTE TO SOMEONE YOU CARE ABOUT
DAY 6 WRITE DOWN 3 THINGS YOU ADMIRE ABOUT YOURSELF	DAY 7 TRY TO BE PRESENT WITH EACH THING YOU DO	DAY 8 COMPLIMENT A STRANGER	DAY 9 WRITE ABOUT A TIME YOU FELT INSPIRED	DAY 10 CREATE A MANTRA & SAY IT THROUGHOUT THE DAY
DAY 11 MAKE SOMEONE LAUGH	DAY 12 WRITE ABOUT SOMEONE YOU ADMIRE	DAY 13 DO SOMETHING NICE FOR A CO-WORKER	DAY 14 SPEND TIME WITH LOVED ONES	DAY 15 WRITE DOWN 3 THINGS YOU TAKE FOR GRANTED & HOW TO IMPROVE
DAY 16 INHALE EXHALE PRACTICE DEEP BREATHING FOR 5 MINUTES	DAY 17 SPEND 10 MINUTES OUTSIDE IN NATURE	DAY 18 PRACTICE SELF-CARE	DAY 19 WRITE ABOUT WHERE YOU SEE YOURSELF IN A YEAR	DAY 20 <i>Radiate positivity</i> REPLACE ALL COMPLAINTS WITH A POSITIVE STATEMENT
DAY 21 MAKE SOMEONE SMILE	DAY 22 CHECK IN WITH YOUR FEELINGS THROUGHOUT THE DAY	DAY 23 WRITE ABOUT SOMETHING NEW YOU WANT TO TRY	DAY 24 NOTICE SMALL GESTURES OTHERS DO FOR YOU	DAY 25 REFRAIN FROM NEGATIVELY SPEAKING ABOUT YOURSELF & OTHERS
DAY 26 CATCH UP WITH A NEIGHBOR	DAY 27 WRITE DOWN 3 THINGS YOU LIKE ABOUT YOUR JOB	DAY 28 LISTEN TO MUSIC WITHOUT OTHER DISTRACTIONS	DAY 29 SPEND TIME ALONE	DAY 30 WRITE DOWN 3 WAYS PRACTICING GRATITUDE HAS HELPED YOU SO FAR

Days with this icon indicate days to journal and reflect.