

A large orange hexagonal graphic with a white maple leaf at the top center. Inside the hexagon, the words "GRATITUDE AND THANKS" are written in a large, white, serif font. Below this, in a smaller, white, sans-serif font, are the words "25 DAY CHALLENGE".

# GRATITUDE AND THANKS

25 DAY CHALLENGE

## 25 Days *of* GRATITUDE

- 1 Someone you're thankful for
- 2 Something that makes you smile
- 3 Songs you love
- 4 Something in nature
- 5 A hobby
- 6 A favorite quote
- 7 Something unique about you
- 8 Favorite podcast
- 9 Something that challenges you
- 10 An old memory
- 11 Something happy
- 12 A favorite song
- 13 Something funny

- 14 Something unique
- 15 Your favorite foods
- 16 Something that's helped you
- 17 Someone in your family
- 18 A favorite sound
- 19 Something sweet
- 20 A day to rest
- 21 A good friend
- 22 A favorite smell
- 23 Someone who has taught you something
- 24 Someone who has helped you
- 25 Someone you love