

25 DAY

Gratitude Challenge

- A memory that brings you joy
- A recent compliment
- A song that makes you happy
- A person that makes you laugh
- An animal that shows you love
- A quality about yourself
- Something about the current weather
- A place you love to visit
- A person you couldn't live without
- A recent accomplishment
- A food you love eating
- A challenge you overcame
- Something money can't buy
- Something in nature
- Part of your job you enjoy
- A recent gift you received
- A family member you love
- A book you read recently
- Something about your town or city
- A movie that brings you joy
- Your favorite holiday
- Your favorite scent
- A homecooked meal or recipe
- A person you admire
- Something that comforts you

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You can either do these in order, or pick a random heart each day. You can cut them up and put them in a bowl, or mark them off on the sheet! Follow your heart.

Remember to reflect on each heart for a couple minutes with intention, love and gratitude.