

# Gratitude Challenge

Showing gratitude is one of the best things to do to create positive change. It does not matter where you are in life; there will always be something that you can be grateful for. It is Key to improving your wellbeing and helping you to shift your focus to look for the good in your study life. It is a key part of Personal Growth and can help transform your academic journey.

## 1

**Step 1: Write something down which you are grateful for.**

This is something which you feel thanks for in our life. This can be anything from your friends and family, the opportunity you have being able to go to university or even something as small as having to having access to a warm shower. Whatever it is you choose, try to be specific in your sentence.

**Today i am grateful for:**

## 2

**Step 2: Write down WHY you are grateful.**

Rather than just listing the reason you are grateful write WHY you are grateful. Remember how much knowing our why can serve us! It can help us go deeper. i.e I am grateful for my studies...because it allows me to better my future and create the future life I am striving for.

## 3

**Step 3: Try to really FEEL your gratitude**

Most people when thinking about what am I grateful for are doing it at a disassociated level. They may say things like my friends, my health, roof over my head etc. What they don't do is to be present and really feel the gratitude. To do this you must be present and literally **FEEL** that which you are grateful for. Choose just one thing and hold that thought at a deep level until you actually FEEL the gratitude for that very thing. It takes this transformational habit to an even higher level for your studies.

# SEMESTER GRATITUDE CHALLENGE

"An attitude of gratitude"

#LetsGrowTogether

## MY DAILY GRATITUDE

I am grateful for:

The reason WHY is because:

M.



T.



W.



“Learn to be thankful for what you already have while you pursue all you want.” – Jim Rohn

## MY DAILY GRATITUDE

T.

---

---



F

---

---



S.

---

---



S.

---

---

