

D114 GRATITUDE CHALLENGE



One team...all in.
We are 114.

The D114 wellness committee is so excited about our November Gratitude challenge!

We hope all D114 staff will make an effort to participate in one, or many, Gratitude Activities!

For each task you complete, fill out a raffle ticket for a chance to win a \$20 gift card.

Make a commitment to take note and give thanks	Make a list of things for which you feel grateful. Share this list with a friend.	Write a short message of thanks to someone.	Take 5 minutes to write about how grateful you are for all the wonderful things you currently have	Take a few minutes to call someone you haven't talked to in a while. Tell them how much you appreciate them.	Take a picture of one thing, person, place or specific moment that makes you feel grateful. Share it.	Send thank you notes to five people who deserve a little recognition.
Enjoy the people around you. Take a moment to appreciate them.	Pick one of your five senses to focus on each day. Take note of how many gifts come to you .	Think about the things you take for granted on a daily basis, and then express gratitude for them.	Make an effort to live the day with a positive outlook.	Pick a friend or family member to eat a meal with. Tell them how grateful you are to have them.	Take the time to focus on yourself. Appreciate and give thanks for your uniqueness.	Stand in front of the mirror and say something kind about yourself. (outloud)
Believe in yourself	Give thanks before a meal	Go for a walk and reflect how many positive things you can notice.	Exercise and be grateful you can.	Celebrate a new day	Use an object that can serve as a reminder to feel grateful when you see it.	Write the words Thank You and put it where you can see it.
Put things into perspective	Take pleasures in the peace and quiet before the day officially begins.	Ask yourself who or what inspired me today?	Try to see things, people and places that you love in the way that another person would see them.	Reflect on what made you smile today	Tell someone something great that happened to you today.	Be grateful for everything you've accomplished this week

SHARING GRATITUDE FOR EVERYDAY EXPERIENCES MAKES LIFE BETTER!

GRATITUDE CHALLENGE RAFFLE TICKETS

**PLEASE RETURN COMPLETED TICKETS (NO NEED TO CUT OUT)
TO MELISSA JAKSTAS AT STANTON BY DECEMBER 4TH**