## LOGO



## **GRATITUDE IS THE ATTITUDE CHALLENGE**

**FOCUS ON RELIEVING STRESS** AND PAIN WHILE IMPROVING HEALTH **OVER TIME.** DID YOU KNOWS

The challenge begins on -

Record three things you are grateful for every day, for 21 days.

## **BENEFITS OF GRATITUDE:**



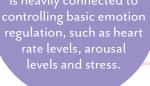
**RELAXED** 

body state



**IMPROVES** 

health overtime



Practicing gratitude



brain function with depression



**HELPS** 



**BODY STATE** 

Feeling grateful and recognizing help



stress





**START DATE:** 

**END DATE:** 

## **HOW IT WORKS**

For this challenge, write down three things you are grateful for every day, for 21 days. Try not to repeat what you are grateful for.

At the end of the challenge, submit your tracker to be eligible for prizes. Those who complete at least 14 days will be eligible for prizes!



SUBMIT YOUR TRACKER TO

BY:

TO BE ELIGIBLE FOR: