

Attitude of Gratitude

CHALLENGE



- Write a heartfelt thank-you note or letter
- Offer a genuine verbal “thank you” with a smile
- Volunteer your time to help someone with a project or task
- Deliver a homemade meal or baked goods
- Offer to help someone with their children or pets
- Assist someone with their errands or chores
- Offer to teach someone a new skill or share your expertise
- Pay for someone’s coffee, meal, or groceries in a random act of kindness
- Write a positive online review or testimonial for a business/service
- Leave a generous tip
- Leave a thoughtful gift or card for a mail or delivery driver
- Write a thoughtful card for someone significant in your life
- Write a positive review for a small business you love
- Start a gratitude journal
- Tell someone something about themselves you are grateful for
- Make a donation to a favorite charity or organization
- Smile or say “hi” to those you pass on the sidewalk or in the store
- Write a thank you card to a teacher in your community