



Gratitude Challenge

How it Works

It's simple — participants keep track daily of what they're thankful for in a written format. It can be a phone note or a paper journal. Have participants try it for a month to see how they feel and if it changes their perception of life.

By participating in a daily gratitude challenge, it helps your team consider all that is good in their lives. It creates a moment for reflection and changes negative thinking patterns in the brain. Plus, it offers moments to show appreciation toward others.

Engagement Ideas

- Giveaway journals and pens to participants
- Share content about the benefits of gratitude
- Offer the list below of gratitude prompts to journal around
- Post gratitude quotes around the office or share via email
- Host a gratitude circle for employees to share what they're thankful for

Thoughtful Gratitude Content to Share

- [Grateful Today, Happier Tomorrow: The Benefits of Gratitude](#)
- [Cultivating Gratitude in the Workplace \[Free Must-Have Guide!\]](#)
- [25 Days of Gratitude \(And Why It's Good for Employee Wellness Programs\)](#)

“No duty is more urgent than giving thanks.”

— James Allen

31-Days of Gratitude Prompts to Explore



Grab your journal, a pen, and find a comfy spot to sit and reflect. Each day, take your time with writing on a daily prompt from the list below.

1. What made you laugh today?
2. What inspired you today?
3. What made you smile today?
4. Write down a highlight of your day.
5. What music are you grateful for?
6. What positive memory happened in the last week?
7. Name three people you're most grateful for today.
8. Name three everyday objects you're grateful for.
9. What challenge did you overcome that you now see as beneficial?
10. Whose guidance or leadership are you most thankful for?
11. What have you recently discovered about yourself that you're grateful for?
12. Write a thank-you note to a friend for being who they are.
13. Write about a time when you thanked someone and you could tell they appreciated it.
14. Write about your favorite part of the morning.
15. What item do you treasure the most?
16. How do you show gratitude to loved ones?
17. What's your favorite part of the evening?
18. What did you enjoy at work today?
19. What opportunity have you been given recently?
20. What's the biggest gift in your life right now?
21. What are you looking forward to in the next week? The next month?
22. What's something beautiful you saw today?
23. What memory makes you smile?
24. What area of your home do you love the most?
25. What's some positive news you've gotten recently?
26. Think of a compliment that you recently got at work.
27. What do you love most about your personality?
28. What's your favorite holiday memory?
29. What's the most beautiful scene you've ever witnessed?
30. Think of a random act of kindness you've seen. How did it make you feel?
31. What's a freedom you're grateful for?