



2021

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# Gratitude Challenge

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The New Standard  
of Facility Services

# Daily Gratitude Challenge Theme

November 2021

- |              |                |
|--------------|----------------|
| 1 Health     | 16 Laughter    |
| 2 Seasons    | 17 Truth       |
| 3 Optimism   | 18 Art         |
| 4 Strength   | 19 Inspiration |
| 5 Nature     | 20 Sounds      |
| 6 Fun        | 21 Earth       |
| 7 Words      | 22 Memories    |
| 8 Home       | 23 Color       |
| 9 Friendship | 24 Love        |
| 10 Music     | 25 Wisdom      |
| 11 Peace     | 26 Family      |
| 12 Dreams    | 27 Progress    |
| 13 Kindness  | 28 Time        |
| 14 Change    | 29 Curiosity   |
| 15 Work      | 30 Self-Love   |



# Daily Gratitude Journal

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# Daily Gratitude Journal (continued)

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# WEEK 1 Prompts: November 1 - 7

## DAY 1: HEALTH

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## DAY 2: SEASONS

Use this prompt to honor your favorite season of the year (or appreciate all of them) if you'd like!

## DAY 3: OPTIMISM

For today, we're all about optimism. It might seem an odd thing to be thankful for, but imagine if you didn't ever believe that something good could happen? You'd never do anything at all! This has been an incredibly trying year, but let's be thankful for the opportunity to choose optimism today.

## DAY 4: STRENGTH

Strength comes in many forms — physical, mental, emotional, etc. — and today's the day to focus on it. Whatever you consider your strength, celebrate that today. Or, if you prefer, look around you at the strength of others and take a moment to appreciate their strength. (Maybe even take some time to let them know how much you admire them for it!)

## DAY 5: NATURE

Today is about the importance of nature. Even though we may not spend as much time in it as we'd like, there is so much to appreciate. What is inspiring or beautiful about nature you come into contact with often? What element of the natural world are you most grateful to experience?

## DAY 6: FUN

How often do you make time for fun? For just being silly? Today's a good day to reflect on how it feels to have fun, to be silly, and to make merry. It's been a tough year for fun, but use this prompt to reflect on any fun times you've had this year — or, if none come to mind, use today to make time for something fun.

## DAY 7: WORDS

Words can be like magic. Do you have a favorite word? What words mean the most to you when someone else says them? How have words impacted your world? Use the answers to these questions to inspire you in a new way today.



# WEEK 2 Prompts: November 8 - 14



## DAY 8: HOME

What does the word “home” mean to you? Is it where you rest your head each night? Is it where you grew up? Or is home more of a state of mind? Or perhaps a person? Home doesn't need to be a physical thing so feel free to explore creatively with this prompt. Whatever home means to you, reflect on it and share something special related to it today.

## DAY 9: FRIENDSHIP

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Today's prompt has a double meaning: it can be either the dreams you have at night (which can be so fascinating!) or it can be the dreams you have during the day (the goals of what you want to achieve in the future). Regardless of which kind of dream you're focusing on today, ask yourself, “What's so special about my dreams? What do I want to celebrate about them?”



## DAY 13: KINDNESS

Kindness is such a simple thing, but it's not always as abundant as it could be. Today's a good day to do something especially kind for someone else. It's also the day to celebrate kindness — kindness you've committed, you've experienced, or you've witnessed. When you think of the word “kindness,” what's the first thing you think of?

## DAY 14: CHANGE

Change can be a negative or positive experience, but it's an inevitable part of life. What's changed in life over the past year? What's changed in the last decade? Do you have new friends, new experiences, new mindsets? If you're struggling with this prompt, change the way you do something today and see how it feels.



# WEEK 3 Prompts: November 15 - 21

## DAY 15: WORK

Work-related gratitude might be a challenge if you don't love what you do, but consider how work makes your life better. It provides income, and it can challenge, inspire, and excite you. Today, reflect on how you're fortunate to have a job to go to each day. How does this experience improve your life, or at least help you in some way?

## DAY 16: LAUGHTER

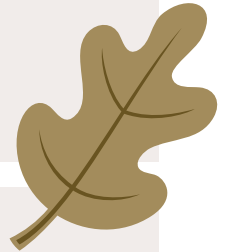
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## DAY 17: TRUTH

What does the word "truth" mean to you? How do you express your own truth in your day-to-day life? Consider this prompt thoughtfully today and do your best to uncover what new truths you may have learned over the course of the past year. Another way to reflect on this prompt is to consider those you find to be most truthful and appreciate their honesty.

## DAY 18: ART

Art is everywhere. What kind of art do you enjoy? Have you ever made art? Which artists do you most admire? Today's the day to take a look around and notice the art in your life. Celebrate the creations that make you feel most inspired and share them with others today.



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Inspiration is all around you — if only you make an effort to look for it. Today, consider what inspires you to get out of the bed in the morning. What inspires you to keep working, loving, living? What particularly inspired you to keep going over the last year? Use today as an opportunity to share your favorite source of inspiration with others.

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The sounds we hear, have a way of impacting the way we perceive the world. They can have a way of enhancing our environment around us. Take some time to reflect on a sound that you are thankful to hear or have heard over the course of your life.

## DAY 21: EARTH

We're so lucky to be on this crazy marble of a planet, spinning around in space. We, as humans, don't treat the earth as well as we should, but still we get so much from it. Today, let's try to do something nice for the planet if we can. What do you love most about this place? What do you think of when you see a pic of earth from space?

# WEEK 4 Prompts: November 22 - 30

## DAY 22: MEMORIES

Memory is a tricky thing because it's not always very accurate. However, it does feel accurate and it's worth being thankful for. Consider your favorite moment or item from the past. What was wonderful about it? How do you feel when you think of that time / thing / person? This year has been a tough one, but are there any happy memories you can take from it?

## DAY 23: COLOR

Colors are incredible. What's your favorite color? How does color play a role in your life? Today's a good day to reflect on the beauty of color and appreciate all of the hues that surround you. Color has a bigger impact on how you feel than you might think so pay attention to it.



## DAY 24: LOVE

There are so many kinds of love (romantic, platonic, etc.) that are deserving of your gratitude. How do you share love in your life? How do you accept it? How does it make you feel when you think of the word "love"? What's happened over the past year to change how you view the love in your life? Celebrate the love you experience for (and from!) others today.

## DAY 25: WISDOM

Wisdom has a way of being a guiding force for many. What's the wisest thing you've ever heard? Or what wisdom did you uncover over the past year? It's been a wild ride of a year and, for better or worse, I know we've all learned a lot. What lessons of wisdom will you be taking from this year into the future?

## DAY 26: FAMILY

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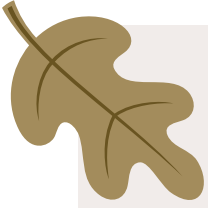
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# WEEK 4 Prompts: November 22 - 30 (continued)



## DAY 29: CURIOSITY

What topics tend to arouse your curiosity? What were you curious about and then sought out information on? Is there something you're particularly curious about right now? What interests us — the things we're curious about — is important, and following our curiosity can lead to new and exciting things. Today, be thank for the ability to be curious.

## DAY 30: SELF-LOVE

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The background is a dark blue field filled with various autumn-themed illustrations. There are several large orange flowers with white centers, some with intricate patterns. Scattered around are various types of leaves in shades of orange, yellow, and green. Small red berries with black seeds are also visible. The overall style is flat and modern.

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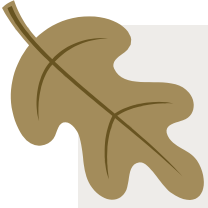
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