



## *5 Day Gratitude Challenge:*

5 easy ways to begin your own Gratitude Practice

### *Day 1*

Time yourself for 5 minutes. Write down everything you can think of that you are grateful for in your life. Try not to pause or stop, just make a stream of consciousness list. When you are finished, read your list out loud and journal your response.

### *Day 2*

Order or go buy some pretty thank you notes or blank notecards that make you happy.

### *Day 3*

At the end of the day, write down five things about your day that brought you joy. This could be a simple list, or a detailed reflection of what brought you joy and why.

### *Day 4*

Choose a person to send love and light to throughout the day. Write down their name. Set a reminder on your phone for 5 times throughout the day. When you are reminded, take a minute or two to pray love and light over that person. Imagine the person receiving your love and light as if it were a tangible gift. (You can make this activity simple for yourself by choosing someone you love, or you can challenge yourself by choosing someone you don't get along with.)

### *Day 5*

Write a thank you note using your pretty new stationery. It could be to someone you feel like you never properly thanked. You can thank someone for their friendship, their kindness, their presence in your life. Write it and send it. Today.

*These activities are simple, but can be profound, especially if you journal your reflections after completing each activity. How did each activity make you feel? What was easy or hard about each day?*

*Love + Light,  
Katie*