



A 30-day gratitude challenge can be an excellent way to foster a positive and supportive work environment. Encouraging employees to express gratitude can enhance their overall well-being, productivity, and job satisfaction.

Welcome to the 30-Day Gratitude Challenge!

Dates: Nov 1st – 30th, 2023

Over the next 30 days, you will be encouraged to complete various challenges that represent gratitude.

To Play: Simply track each day you are able to complete the daily challenge. If you complete 20 (or more) of the challenges, return your card for an entry into a prize raffle.

Return this page to _____ by Dec 3, 2023.

First, last name: _____

Email address: _____

Number of tasks completed: _____





Week 1: Cultivating Self-Gratitude

- ☐ Day 1: Write down 3 things you appreciate about yourself.
- ☐ Day 2: Meditate for five minutes, focusing on self-compassion and appreciation for your efforts.
- ☐ Day 3: Compliment a friend or colleague for their hard work and dedication.
- ☐ Day 4: Keep a journal of positive affirmations about your skills and achievements.
- ☐ Day 5: Share a personal accomplishment with your family or team and express gratitude for their support.
- ☐ Day 6: Practice a random act of kindness towards a coworker or someone in need.
- ☐ Day 7: Reflect on the week, write a letter to yourself expressing gratitude for your personal/professional growth.

Week 2: Gratitude for Colleagues

- ☐ Day 8: Write a thank-you note to a friend or colleague who has helped you recently.
- ☐ Day 9: Compliment someone on their strengths during a team meeting.
- ☐ Day 10: Have a one-on-one conversation with a colleague and express your appreciation for their contributions.
- ☐ Day 11: Share a work-related success story that demonstrates effective teamwork and collaboration.
- ☐ Day 12: Organize a team-building activity that encourages gratitude and camaraderie.
- ☐ Day 13: Express gratitude for a mentor or someone who has guided you in your career.
- ☐ Day 14: Reflect on the week, write a gratitude letter to a colleague, highlighting their positive impact on your work life.





Week 3: Gratitude for Work Environment

- ☐ Day 15: Take a walk during your break and appreciate the beauty of your work environment.
- ☐ Day 16: Organize a desk-cleaning session, expressing gratitude for a clutter-free workspace.
- ☐ Day 17: Recognize and appreciate the efforts of the support staff in your workplace.
- ☐ Day 18: Participate in a green initiative at work and express gratitude for a sustainable work environment.
- ☐ Day 19: Start a group discussion about the positive aspects of the company culture and express gratitude for a supportive workplace.
- ☐ Day 20: Acknowledge and appreciate the diversity and inclusivity in your workplace.
- ☐ Day 21: Reflect on the week and write a note of gratitude for the positive aspects of your environment.

Week 4: Gratitude for the World Around You

- ☐ Day 22: Practice gratitude for your family's support in your professional journey.
- ☐ Day 23: Volunteer for a community service activity and express gratitude for the opportunity to give back.
- ☐ Day 24: Appreciate the beauty of nature and its positive impact on your well-being.
- ☐ Day 25: Connect with an old friend or relative and express gratitude for their presence in your life.
- ☐ Day 26: Practice mindful breathing and express gratitude for the present moment.
- ☐ Day 27: Donate to a charitable organization and express gratitude for the ability to make a positive impact.
- ☐ Day 28: Reflect on the past month and write a gratitude letter to someone outside of work who has positively influenced your life.

Day 29 & 30: Reflection and Moving Forward

- ☐ Day 29: Reflect on the 30-day gratitude challenge and identify how it has positively impacted your well-being and work life.
- ☐ Day 30: Plan one actionable step to continue practicing gratitude in your daily life and encourage others to do the same.