Gratitude
- Builds -
Fortitude
30-Day Challenge

#GRATITUDEBUILDSFORTITUDE

Week 1
Gratitude Mindset

Week 2
Gratitude To Self

Week 3
Gratitude For Others

Week 4
Gratitude to the World Around You

Day 1 Prepare gratitude + attitude	*Day 2* Practice mindfulness	*Day 3* Meditate and/ or pray	*Day 4* Inspiration	*Day 5* Flip-flop the negative to positive
Day 6 Begin and end each day with gratitude	*Day 7* Food	*Day 8* Speak to yourself with love	*Day 9* Learn how to be happy	*Day 10* Sing and dance
Day 11 The little things	*Day 12* Memories	*Day 13* Forgiveness	*Day 14* Quotes	*Day 15* Loved ones
Day 16 Friendship and connection	*Day 17* Send a card	*Day 18* Appreciate those who serve	*Day 19* Gratitude at the dinner table	*Day 20* Kindness to a stranger
Day 21 100 blessing challenge	*Day 22* Enjoy nature	*Day 23* Say “thank you”	*Day 24* Volunteer	*Day 25* Say “I’m sorry”
Day 26 Banish gossiping	*Day 27* Beauty	*Day 28* Wisdom	*Day 29* Random acts of kindness	*Day 30* Share the Love

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Gratitude - Builds - Fortitude

30-Day Challenge

#gratitudebuildsfortitude

pinkfortitude.com/gratitude-challenge

Week 1: Gratitude Mindset

- [ ] Prepare gratitude + attitude
- [ ] Practice mindfulness
- [ ] Meditate and/or pray
- [ ] Inspiration
- [ ] Flip-flop the negative to positive
- [ ] Begin and end each day with gratitude
- [ ] Food

Week 2: Gratitude To Self

- [ ] Speak to yourself with love
- [ ] Learn how to be happy
- [ ] Sing and dance
- [ ] The little things
- [ ] Memories
- [ ] Forgiveness
- [ ] Quotes

Week 3: Gratitude For Others

- [ ] Loved ones
- [ ] Friendship and connection
- [ ] Send a card
- [ ] Appreciate those who serve
- [ ] Gratitude at the dinner table
- [ ] Kindness to a stranger
- [ ] 100 blessing challenge

Week 4: Gratitude to the World Around You

- [ ] Enjoy nature
- [ ] Say “thank you”
- [ ] Volunteer
- [ ] Say “I’m sorry”
- [ ] Banish gossiping
- [ ] Beauty
- [ ] Wisdom
- [ ] Random acts of kindness
- [ ] Share the Love

Pink Fortitude

love. hugs. inspire.