

An Attitude of Gratitude!

When we stop to appreciate and give thanks for what is "good" now, we shift from negative thoughts, worry, anxiety, and other negative emotions we tend to experience. Use these daily prompts to help you acknowledge and rejoice in your blessings with the people you love and care for, our family, friends, teams, employees, colleagues, and community members. We are grateful for you being part of our community. **#risetoyourleadershippotential**



The 30 DAYS OF GRATITUDE CHALLENGE!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 What I love most about this month?	2 How I look forward to showing up?	3 How I want to feel today?	4 Who I can show appreciation to?	5 Who I can support?	6 Who I haven't said "hello" to in a while?	7 How I can relax?
8 What I'm grateful for this past week?	9 What I look forward to this week?	10 How I plan to handle a tough situation?	11 What my family needs to hear from me?	12 What I need to share with my family?	13 Who needs encouragement from me?	14 Who to connect with?
15 What I'm blessed to have in my life?	16 Who can support me in my projects this week?	17 How to show up with gratitude today?	18 What will bring more joy to the day?	19 How to extend a helping hand?	20 What is my favorite song I always dance to?	21 Who to celebrate?
22 What is my source of strength?	23 Who to say "thank you" to?	24 Who surprised me this month?	25 What to share to instill trust?	26 How to give thanks to loved ones?	27 How to slow down?	28 How I showed up this month?
29 Who I am becoming?	30 What I appreciate about me?					

Thank you for playing full out! We hope you experience the high-energy emotions and benefits of being more purposeful in expressing gratitude daily. We all want to be appreciated, seen, and heard. **As leaders, it always starts with us. Stay safe, Dr. Ginny A. Baro.**