

Take Note. Give Thanks.

KPGA Gratitude Challenge



Welcome to The KPGA Gratitude Challenge, a 21-day phenomena that can act as a powerful catalyst for joy and happiness. We hope that it opens your eyes to the wonders and richness which surround you.

We believe that sharing gratitude for everyday experiences can revitalize our commitment to living a whole-hearted life. As a result, we invite you to spend a few minutes each day appreciating more of what life brings you through the following daily tasks.

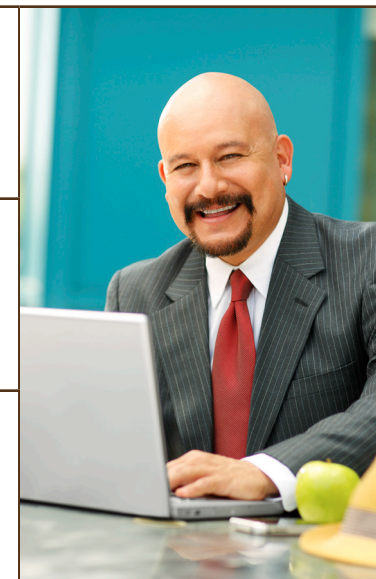
Many of the activities will ask you to write down things for which you feel grateful. Please feel free to do so in any medium available to you, whether that's in a journal or on a personal blog. Remember to attend to each item on its assigned day, and don't skip ahead! It's important to be present and perform each directive at its own pace.

[Click here to register and sign the KPGA Gratitude Challenge Pledge.](https://forms.gle/xY3pQxJxPa75Pdiz7)

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Week 1: Be Grateful for What You Have

<p>Day 1</p>	<p>Making the Commitment. Today you start The Gratitude Challenge. If you have not yet done so, please sign the contract and make a commitment to take note and give thanks for the next 21 days. Take time to reflect on why you accepted this challenge and what you hope to achieve from it.</p>
<p>Day 2</p>	<p>Saying Thank You. One of the best ways to start the day is to spend a few minutes reflecting on the people in your life for whom you're grateful. Intentionally seek out someone (or maybe 3 people) to whom you can simply say "Thank you." It will resonate even more fully if you can be as specific as possible for thanking them.</p>
<p>Day 3</p>	<p>Gratitude for Food. Take the time to give thanks for each meal you eat today. Reflect on all of the people whose hard work contributed to the food on your table from the farmer who grew the food, the truck driver who delivered it, the grocery clerk who stocked it, and the person who cooked the meal.</p>
<p>Day 4</p>	<p>Help a Stranger. Be mindful of those around you today. If you see someone struggling with a package, or who looks distressed, reach out and ask if they need help. Perhaps just hold the door for someone.</p>
<p>Day 5</p>	<p>Gratitude Walk. Go for a walk and see how many things you can find to appreciate. Pay attention to what you can see, smell, and hear. You might notice the changing seasons, an attractive smell, a cloudless sky, and the people around you.</p>
<p>Day 6</p>	<p>Gratitude for the Things You Take for Granted. Take some time to imagine losing some of the things you take for granted. That might include your home, your ability to see and hear, your ability to walk, or anything else that brings you comfort. Then imagine getting each of those things back and imagine how grateful you would feel.</p>
<p>Day 7</p>	<p>Send a Thank You. Use the e-card function on our intranet to tell someone how much you appreciate them or how much they contribute to making your world more joyful. Even better, send a written card to someone-how special would that make them feel. Of course, that would also have a very positive impact on your well-being.</p>



Week 2: Share Your Gratitude with Others

<p>Day 8</p>	<p>Gratitude for Others. Enjoy the people around you. Take a moment to appreciate three people in your life. Reflect on their unique talents and how your world is better because of them.</p>
<p>Day 9</p>	<p>Coffee Date. Treat someone to a physically distant cup of coffee or tea. It will give you a chance to actually see and speak with someone [outside of Zoom]...or, if need be at least set up a virtual get together.</p>
<p>Day 10</p>	<p>Gratitude Visit. Make the time to pay a gratitude visit to someone who has helped you. The visit does not have to be long, but make sure you are specific about what the person did and how it affected you.</p>
<p>Day 11</p>	<p>Gratitude Partner. Find someone, a friend or family member, and share the things you're grateful for with each other. As you share, you may feed off each other's ideas as often the other person may be able to open your eyes to things you haven't noticed or have forgotten.</p>
<p>Day 12</p>	<p>Grateful Communication. Dare to see the glass half full in your communication with others. See if you can go the whole day without voicing any complaints.</p>
<p>Day 13</p>	<p>Gratitude Lookout. Spend the day on the lookout for people you can thank. Actively watch for things that others do that are kind, helpful, and considerate. Be generous with your expressions of appreciation.</p>
<p>Day 14</p>	<p>Gratitude Reflection. It's been two weeks since you started The Gratitude Challenge. Take time to reflect and write about how The Challenge has changed your perspective thus far.</p>



Week 3: Gratitude and You

<p>Day 15</p>	<p>Self-Gratitude. Take the time to focus on yourself. Appreciate and give thanks for your unique personality, skills and talents. You are indeed special and You Matter!</p>
<p>Day 16</p>	<p>Putting Things in Perspective. Identify one negative thought or event today and see if there is a hidden opportunity for gratitude. For example, "I felt pressured by my friend's request to visit" can also include the thought, "but, wow, my friend really cares about spending time with me." Ask yourself "what's good about this?"</p>
<p>Day 17</p>	<p>Gratitude Trigger. Place an object somewhere in your home or work environment and allow that object to serve as a trigger for gratitude for yourself every time you see it. Every time you see the object, reflect on one thing you are proud of or think you've done well today.</p>
<p>Day 18</p>	<p>Bedtime Gratitude. Ask yourself these three questions before going to bed. What did I do well today? What inspired me today? What made me smile today?</p>
<p>Day 19</p>	<p>Set a Gratitude Alarm. Set an alarm to go off twice today. When the alarm goes off, notice all of the things you have to be grateful for in that moment. This might include a full stomach, a temperate room, or a supportive coworker.</p>
<p>Day 20</p>	<p>Thank You Note to Yourself. As the Challenge winds down, write a thank you note to yourself for participating. Reflect on effort it took to take this time for yourself.</p>
<p>Day 21</p>	<p>21 Day Challenge Reflection. Reflect on the 21 days of The Gratitude Challenge and what this process has meant to you. Make a commitment to two gratitude practices you've learned through this challenge that you will continue to practice regularly. Share your learnings and future commitments with your network.</p>

