

# United Methodist Church of Anoka Gratitude Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 A favorite "treat" I am thankful for	2 A compliment I am thankful for	3 A friend I am thankful for	4 A song I am thankful for	5 A possession that I am thankful for	6 A book I am thankful for	7 A group activity I am thankful for
8 A favorite smell I am thankful for	9 A holiday I am thankful for	10 A second chance I am thankful for	11 A moment today that I am thankful for	12 A neighbor I am thankful for	13 A teacher I am thankful for	14 A place I am thankful for
15 A day of the week I am thankful for	16 A vacation that I am thankful for	17 A sound I am thankful for	18 A question I am thankful for	19 Something happening soon I am thankful for	20 A word I am thankful for	21 A sport I am thankful for
22 Something about me I am thankful for	23 A type of weather I am thankful for	24 Technology I am thankful for	25 Someone at church I am thankful for	26 A time of day I am thankful for	27 A community worker I am thankful for	28 A bible story or verse I am thankful for
29 A gift I am thankful for	30 A family tradition I am thankful for					

## SHARE & LISTEN

Pick a time of day that you think you could commit to a month-long gratitude challenge. If you miss a couple, do 2 or 3 on one day. If a month is too long, choose to do some the week of Thanksgiving.

Leave the sheet somewhere handy so you see it. The dinner table or the refrigerator might work for you.

Have fun! If you are doing this as a family, remember to be good listeners and sharers. If you are doing this on your own, consider checking in with a church friend once a week. You will discover new things! Celebrate your accomplishment.