

AWESOME INC. 30 DAY GRATITUDE CHALLENGE

IN JUST 30 DAYS YOU CAN CHANGE YOUR PERSPECTIVE,
CHANGE YOUR THOUGHTS AND CHANGE YOUR LIFE

DAY 1 LISTEN

Pause for a moment and really listen to the sounds around you

DAY 2 NATURE

Take a walk in some green space. Breathe in the magic

DAY 3 BODY

Appreciate what it allows you to do and feel? Is it strong, soft, warm?

DAY 4 PEOPLE

Send a message to someone who has helped you and thank them

DAY 5 BILLS

Take a moment to appreciate what they allow you to do

DAY 6 WORDS

Take some time to slow down and read a book today

DAY 7 TRANSPORT

Appreciate how it is there for you to go from A to B and back again

DAY 8 MUSIC

Put on your favourite song, and dance around the room

DAY 9 WEATHER

Give thanks for our changing weather and how it makes life interesting

DAY 10 HOME

Cozy up on the couch with a warm drink and enjoy it

DAY 11 FRIENDS

Catch up with some friends and tell them you are grateful they are in your life

DAY 12 BUSINESS

Support a local business today, and tell them you appreciate them

DAY 13 PETS

Hug your pet, post a picture of them on our Facebook page and tell us about them

DAY 14 FOOD

Eat some food that feeds your soul and really savour it

DAY 15 PAMPER

Allow yourself at least 30 mins to take a bath, put on a facemask, soak your feet...

DAY 16 BED

Go to bed early and think of 3 things that went well today

DAY 17 FUN

Do something fun today that makes you feel alive

DAY 18 TOUCH

Appreciate the power of a hug or holding hands with a loved one, then do it

DAY 19 DE-STRESS

Take some time to do a mindfulness exercise like colouring in

DAY 20 DRINK

Make sure you get enough water today, then think about how it fuels you

DAY 21 LAUGH

Watch a funny movie or video, or spend time with a friend you makes you laugh

DAY 22 GOALS

Create a vision board or set just 1 goal you want to achieve in the next year

DAY 23 ART

Spend some time creating it or appreciating it, and involve a friend

DAY 24 CONNECT

Ring someone you haven't spoken to in a while

DAY 25 AFFIRM

Write down three affirmations using the words 'I AM' eg. I am confident, I am unique...

DAY 26 MEDITATE

Spend just 10 mins meditating ... in the shower, on the bus, in the sun...

DAY 27 PURGE

Get rid of the things you don't need or don't serve you anymore

DAY 28 BE KIND

Do a random act of kindness... pay for someone's coffee, give a compliment...

DAY 29 CELEBRATE

Pat yourself on the back and celebrate a recent win, big or small

DAY 30 JOURNAL

Write down five things you are grateful for, why, and how it made you feel

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