

Be Transformed 30/31 Day Gratitude Challenge



Join Author & Speaker, Carmela E. Head, in the for the **Be Transformed 30/31 Day Gratitude Challenge!**

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Welcome to the *Be Transformed 30/31 Day Gratitude Challenge!*

Can you meet the challenge? Commit to writing down one word every day on the calendar each day for each month to reflect your thoughts about gratitude. It's been said that expressing gratitude helps us in so many ways, especially positivity in our lives. What better month to honor thankfulness and gratitude! Join me and let's see how transforming a little thankfulness can be. May you be empowered and inspired!

*Carmela E. Head,
Author & Speaker*



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By Author Carmela E. Head

Gratitude!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday