

# WEEK 1 Activity

## Ways of Expressing Gratitude Through

*How many ways can you say "Thank You?"*

## EXPRESS GRATITUDE

This week select one or a few of these creative activities to express GRATITUDE.

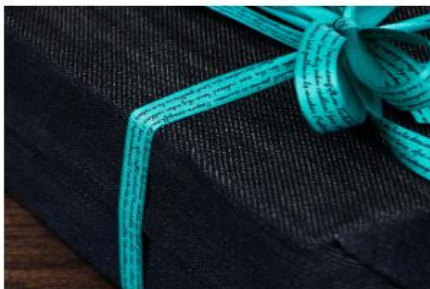
Create Thank you Cards. Write a Thank-You note.

Create a Thank-You Card Keepsake Box.

Create a Thank-Card Album. Create an inspirational frame

Create your very own GRATITUDE Jar.\* Notecards - included in this kit

Pot a plant (A Croton plant or Pothos plant) : Make your Terrarium Garden.



#2024 bttm30daygratitudechallenge  
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# I'm Spreading Kindness

#2024bttmgratitudechallenge



## Week 2 Activity - Random Acts Of Kindness

*Find ways this week to show random acts of kindness. Record what you are doing. Start from Day 1 at the bottom of the chart and work your way up to day 7.*

Day 7

Day 6

Day 5

Day 4

Day 3

Day 2

Day 1



# Be Transformed 2024 30 Day Gratitude Challenge

## Week 2 Activity

### Acknowledging your Attributes

### Practicing Gratitude For Your Attributes

“Your attributes are your positive traits. Take a moment to hone in on your attributes and express gratitude and appreciation for the wonderful traits that you bring to the world. Below are some examples of positive attributes. (Of course there are many more). Take a moment to browse the list. Circle as many of the traits that positively resonate with you. Look-up as many other attributes that apply to you and add them in on the lines. Fill in the additional blanks should you need to add more attributes that aren't listed here. Have fun!” Carmela E. Head, Author & Speaker

Effective	Agile	_____	_____
Ambitious	Intuitive	_____	_____
Loyal	Resourceful	_____	_____
Flexible	Creative	_____	_____
Social	Dedicated	_____	_____
Modest	Team-Player	_____	_____
Logical	Collaborative	_____	_____
Productive	Meticulous	_____	_____
Leader	Valiant	_____	_____
Understanding	Supportive	_____	_____
Sporty	Hardworking	_____	_____
Cooperative	Compassionate	_____	_____
Results Driven	Skillful	_____	_____
Pioneering	Productive	_____	_____
Efficient	Persuasive	_____	_____
Self-Motivated	Sensitive	_____	_____
Charismatic	Achiever	_____	_____
Initiator	Brave	_____	_____







# BE TRANSFORMED 2024 GRATITUDE CHALLENGE

## WEEK 3

**PICK THREE DAYS THIS WEEK. PLACE THE DATE ON THE TOP.  
CHOOSE THE HOBBIES THAT YOU PLAN TO ENJOY.  
LIST THE MANY WAYS YOUR HOBBY HAS BROUGHT YOU JOY!**

**DAY 1**

**DAY 2**

**DAY 3**

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# WEEK 4 Activity

Ways of Expressing Expressing Gratitude Through

## *BTTM Gratitude BINGO*

### GRATITUDE SPEAKS!

Take A Moment To Generate Gratitude Collecting

A Stamp For Completing A Gratitude Activity

FILL IN BLANK SPACES WITH YOUR OWN BINGO FUN ENTRY

# B

# I

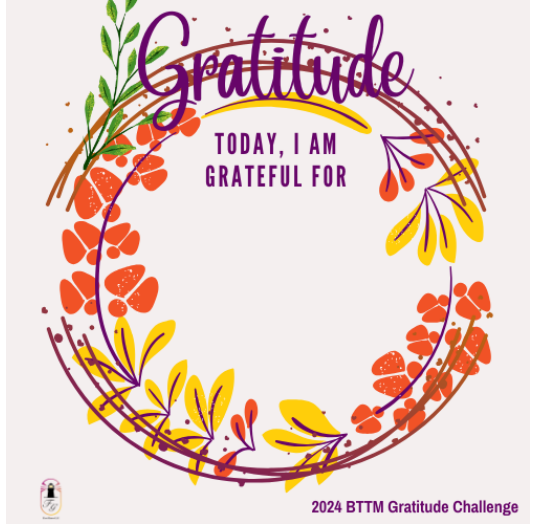
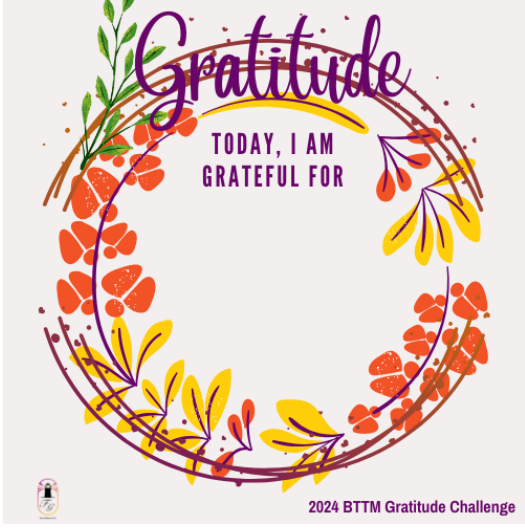
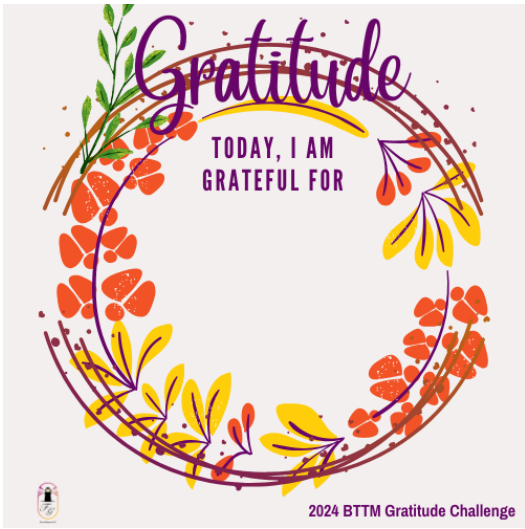
# N

# G

# O

Random Act of Kindness	Enjoyed The Sunshine 			Acknowledgement 
	Learned something new 	Painting 	Created Something 	
Synergy Group Activity	Popcorn & Movie 	FREE SPACE	Compassion 	Journaling 
Cultivated A Plant 	Board game 	Took A Walk 	Game 	Self-Care 
Thank You Card or Note 		Jig Saw Puzzles 		Listened to music 





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Today. I am grateful for ..



2024 BTM Gratitude Challenge



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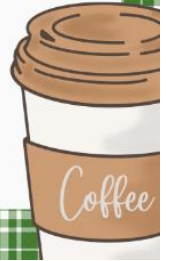


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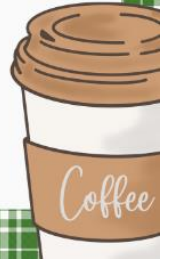


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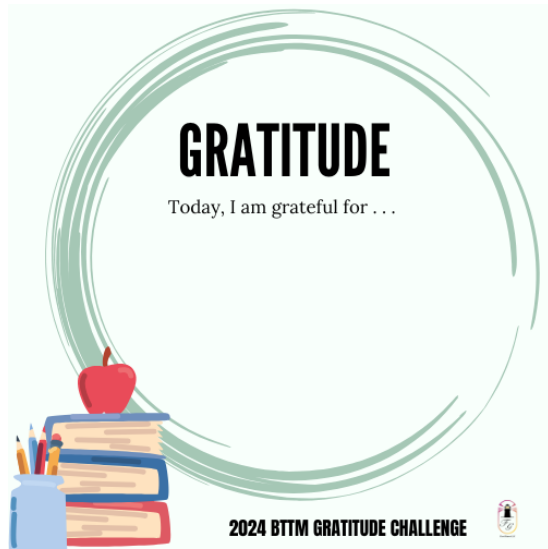
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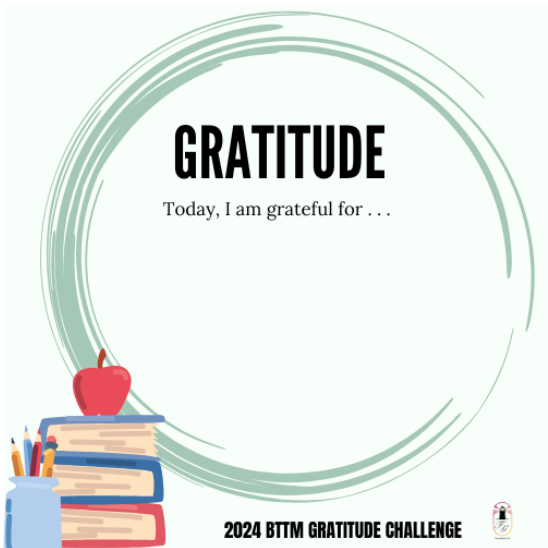

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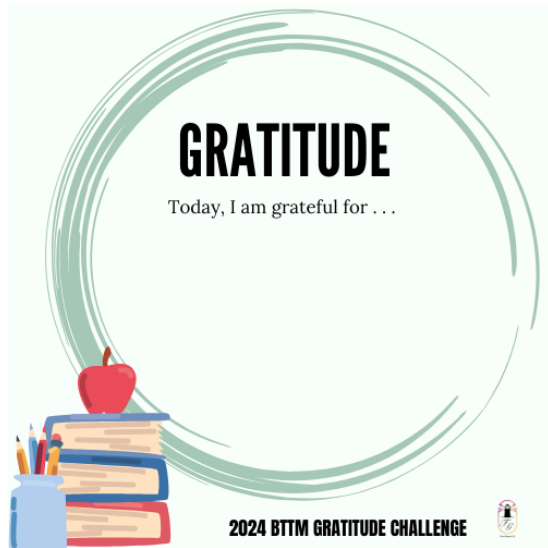

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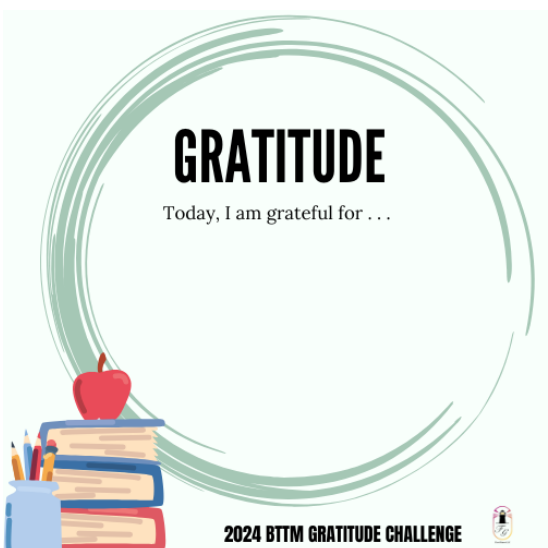

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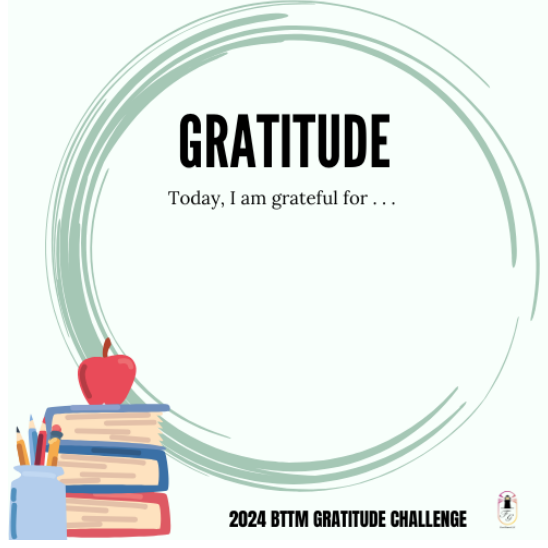

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