

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 or journal each day for each month to reflect your thoughts about gratitude. Print additional copies of the journal pages to make your entries. 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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Be Transformed **30/31** Gratitude Challenge!

By Author Carmela E. Head

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

gratitude



A large, vibrant yellow sunflower with a dark brown center is the focal point of the image. It is surrounded by other sunflowers and green foliage, which are blurred in the background. The entire image is overlaid on a white background with horizontal ruling lines.