

2020 Be Transformed Gratitude Challenge!

Week 1 Activity – CREATE A GRATITUDE JAR



Create an on-going expression of gratitude! Create your unique gratitude jar. Use a jar, small gift box, or container of your liking. Get creative and decorate it as you would like. Making a gratitude jar is quick and easy. It's a great way to write down things that you are thankful for. Place it in a location where you can see it and be reminded of the many things you are thankful for. You'll be surprised how it all adds up! Write down what you are grateful for and place in the container as a keepsake.

Use the downloadable and printable "gratitude jar sheets" Enjoy!



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Week 1 Activity – Thank You Notecards



Take a few moments out of your day to pen “Thank-You” notecards to express gratitude to friends and family members. This is a small gesture in size but huge in terms of gratitude!

Explore and discover other creative ways to say “Thank-You”

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Savor moments of inspiration and empowerment

Why Gratitude by Carmela E. Head

It is said that expressing gratitude is a great way to...

- ❖ Build positivity in our lives and in the live of others
 - ❖ Discover the great “little-things-that-matter”!
 - ❖ Encourage those around you
 - ❖ Create a welcoming environment
 - ❖ Build one’s personal growth
 - ❖ Enjoy positive experiences
 - ❖ Recognize your accomplishments
 - ❖ Hone your skills, talents and abilities
 - ❖ Acknowledge and reflect on the attributes of others
 - ❖ Become more thankful for what you have
 - ❖ Identify great experiences and life lesson learned
 - ❖ Say “Thank-You!”
 - ❖ Express appreciation
 - ❖ Encourage empathy towards others
 - ❖ Generate compassion



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I am grateful for



I am grateful for



I am grateful for



I am grateful for



I am grateful for



I am grateful for




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Week 2 Activity – Honoring Our Achievements



Celebrating
YOU

*Your
Attributes
Matter!*



“We all have been endowed with
extraordinary gifts, skills, talents and
abilities. We, individually, have
awesome attributes!

Our attributes are positive traits that we
bring and present to others and to the
world. Honoring our attributes is
powerful, affirming and compassionate.”

- Carmela E. Head

Use the downloadable and printable
worksheets for this week
to foster positivity and self-
empowerment:

**Practicing Gratitude For Your Attributes
Gratitude Affirmations**



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Week 2 Activity – RANDOM ACTS OF KINDNESS



Caring, sharing, random acts of kindness, showing acknowledgement and compassion to others are excellent ways of expressing gratitude! In what ways can you show random acts of kindness this week?

Use the downloadable and printable **"I'm Spreading Kindness"** For the next 7 days record one act of kindness you have enjoyed doing each day.

I'm



Spreading Kindness

Week 2 Activity – Random Acts of Kindness

Find ways this week to show random acts of kindness. Record what you're 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 2020 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. Fill in the additional blanks should you need to add more attributes that aren’t listed here. Have fun!” - Carmela E. Head, Author & Speaker

Personable	Understanding	Mediator	Opinionated	
Trustworthy	Patient	Adaptable	Inquisitive	_____
Pioneering	Inventive	Cheerful	Relaxed	
Industrious	Exciting	Compassionate	Friendly	_____
Helpful	Thoughtful	Enthusiastic	Tech Savvy	
Open Minded	Positive	Helpful	Efficient	_____
Social	Courageous	Flexible	Confident	
Modest	Knowledgeable	Ambitious	Determined	_____
Perceptive	Logical	Sensitive	Adventurous	
Insightful	Balanced	Results Oriented	Punctual	_____
Communicative	Productive	Modest	Clever	
Leader	Initiator	Original	Self-motivated	_____
Independent	Focused	Productive	Optimistic	
Enterprising	Persuasive	Perceptive	Loyal	_____
Organized	Good Listener	Particular	Charismatic	
Facilitator	Proactive	Achiever	Grace	_____
Easy Going	Imaginative	Brave	Prudent	
Sporty	Warm	Authentic	Fortitude	_____
Cooperative	Diplomatic	Articulate	Simplistic	
Results Driven	Sense of Humor	Diligent	Professional	_____
Genuine	Devoted	Energetic	Thrifty	
Curious	Candid	Meticulous	Effective	_____

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Be Transformed 2020 30 Day Gratitude Challenge

Week 2 Activity

Gratitude Affirmations

“Jumpstart your day with positivity and build inspiring momentum of thankfulness through expressing gratitude affirmations.”

Carmela E. Head

Here are two affirmations to help you begin....

Thankfulness permeates every aspect of my day

My day is full of abundance, peace and joy

Take a moment and write your own gratitude affirmations

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Expressing GRATITUDE through your hobbies



“Gratitude can be expressed through finding joy in leisure, our hobbies and simplicity!”

Carmela E. Head

Take inventory of the things you enjoy in your spare time and your leisure. Make a list of the things that you enjoy doing. How can you use your hobbies to express gratitude?

Horizontal lines for writing a list of hobbies and how to express gratitude through them.

BE TRANSFORMED 2020 GRATITUDE CHALLENGE

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BE TRANSFORMED 2020 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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