With Author & Speaker Carmela E. Head

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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2020 Be Transformed Gratitude Challenge! 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"

Enjoy! irst (Mance First Glance LLC

2020 Be Transformed Gratitude Challenge!

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

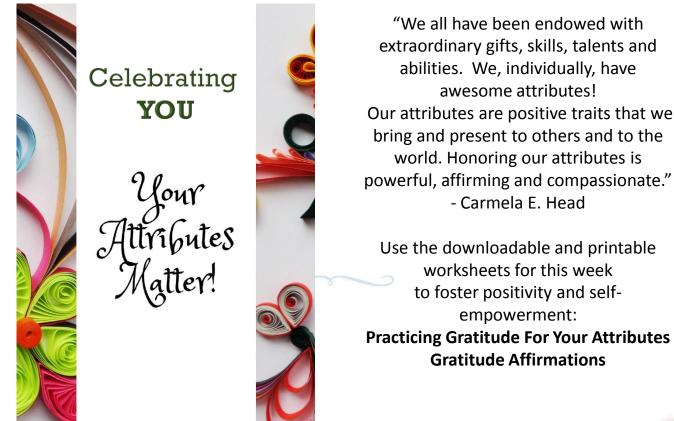


I am grateful for



2020 Be Transformed Gratitude Challenge!

Week 2 Activity – Honoring Our Achievements





With Author & Speaker Carmela E. Head

2020 Be Transformed Gratitude Challenge! 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.





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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 Trustworthy Pioneering Industrious Helpful Open Minded Social Modest Perceptive Insightful **Communicative** Productive Leader Independent Enterprising Organized Facilitator Easy Going Sporty Cooperative Results Driven Genuine Curious

Understanding Patient Inventive Exciting Thoughtful Positive Courageous Knowledgeable Logical Balanced Initiator Focused Persuasive Good Listener Proactive Imaginative Warm Diplomatic Sense of Humor Diligent Devoted Candid

Mediator Opinionated Adaptable Inquisitive Cheerful Relaxed Compassionate Friendly Enthusiastic Helpful Flexible Ambitious Sensitive **Results Oriented Punctual** Modest Clever Original Productive Perceptive Loval Particular Achiever Grace Brave Authentic Articulate Energetic Thrifty Meticulous

Tech Savvy Efficient Confident Determined Adventurous Self-motivated Optimistic Charismatic Prudent Fortitude Simplistic Professional **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 lings that you enjoy doing. How can you use your hobbies to express gratitude?

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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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