

WEEK 1 Activity

Ways of Expressing Gratitude Through

*Thank you cards & notes. Gratitude Jars, Keepsake boxes.
Keepsake Album and Terrarium Gardens.*

EXPRESS GRATITUDE

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

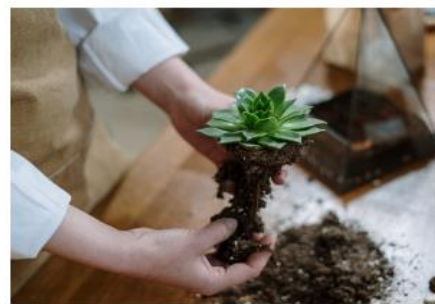
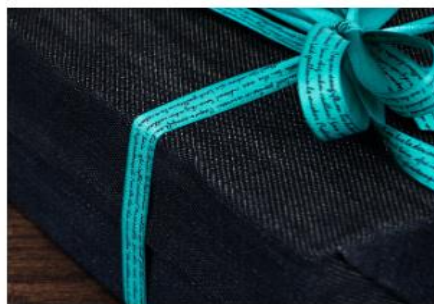
Create Thank you Cards. Write a Thank-You note.

Create a Thank-You Card Keepsake Box.

Create a Thank-Card Album.

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

Pot a plant. Make your Terrarium Garden.



#2023 bttm30daygratitudechallenge
WWW.TRANSFORMATIONAL-MOMENT.COM

First Glance LLC



GRATITUDE

Today, I am grateful for . . .



FIRST GLANCE LLC
2023 BTM GRATITUDE CHALLENGE

GRATITUDE

Today, I am grateful for . . .



FIRST GLANCE LLC
2023 BTM GRATITUDE CHALLENGE

GRATITUDE

Today, I am grateful for . . .



FIRST GLANCE LLC
2023 BTM GRATITUDE CHALLENGE

GRATITUDE

Today, I am grateful for . . .



FIRST GLANCE LLC
2023 BTM GRATITUDE CHALLENGE

GRATITUDE

Today, I am grateful for . . .



FIRST GLANCE LLC
2023 BTM GRATITUDE CHALLENGE

GRATITUDE

Today, I am grateful for . . .



FIRST GLANCE LLC
2023 BTM GRATITUDE CHALLENGE

GRATITUDE

Today, I am grateful for . . .



FIRST GLANCE LLC
2023 BTM GRATITUDE CHALLENGE

GRATITUDE

Today, I am grateful for . . .



FIRST GLANCE LLC
2023 BTM GRATITUDE CHALLENGE

GRATITUDE

Today, I am grateful for . . .



FIRST GLANCE LLC
2023 BTM GRATITUDE CHALLENGE

GRATITUDE

Today, I am grateful for . . .



FIRST GLANCE LLC
2023 BTM GRATITUDE CHALLENGE

GRATITUDE

Today, I am grateful for . . .



FIRST GLANCE LLC
2023 BTM GRATITUDE CHALLENGE

GRATITUDE

Today, I am grateful for . . .



FIRST GLANCE LLC
2023 BTM GRATITUDE CHALLENGE

GRATITUDE

Today, I am grateful for . . .



FIRST GLANCE LLC
2023 BTTM GRATITUDE CHALLENGE



GRATITUDE

Today, I am grateful for . . .



FIRST GLANCE LLC
2023 BTTM GRATITUDE CHALLENGE



GRATITUDE

Today, I am grateful for . . .



FIRST GLANCE LLC
2023 BTTM GRATITUDE CHALLENGE



GRATITUDE

Today, I am grateful for . . .



FIRST GLANCE LLC
2023 BTTM GRATITUDE CHALLENGE



GRATITUDE

Today, I am grateful for . . .



FIRST GLANCE LLC
2023 BTTM GRATITUDE CHALLENGE



GRATITUDE

Today, I am grateful for . . .



FIRST GLANCE LLC
2023 BTTM GRATITUDE CHALLENGE



GRATITUDE

Today. I am grateful for ..



First Glance LLC
2023 BTM Gratitude Challenge



GRATITUDE

Today. I am grateful for ..



First Glance LLC
2023 BTM Gratitude Challenge



GRATITUDE

Today. I am grateful for ..



First Glance LLC
2023 BTM Gratitude Challenge



GRATITUDE

Today. I am grateful for ..



First Glance LLC
2023 BTM Gratitude Challenge



GRATITUDE

Today. I am grateful for ..



First Glance LLC
2023 BTM Gratitude Challenge



GRATITUDE

Today. I am grateful for ..



First Glance LLC
2023 BTM Gratitude Challenge





GRATITUDE
Today, I am grateful for ...

FIRST GLANCE LLC
2023 BTTM GRATITUDE CHALLENGE



GRATITUDE
Today, I am grateful for ...

FIRST GLANCE LLC
2023 BTTM GRATITUDE CHALLENGE



GRATITUDE
Today, I am grateful for ...

FIRST GLANCE LLC
2023 BTTM GRATITUDE CHALLENGE



GRATITUDE
Today, I am grateful for ...

FIRST GLANCE LLC
2023 BTTM GRATITUDE CHALLENGE



GRATITUDE
Today, I am grateful for ...

FIRST GLANCE LLC
2023 BTTM GRATITUDE CHALLENGE



GRATITUDE
Today, I am grateful for ...

FIRST GLANCE LLC
2023 BTTM GRATITUDE CHALLENGE

I'm Spreading Kindness

#2023bttmgratitudechallenge



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 2023 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



Be Transformed 2023 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	_____	_____



Gratitude Affirmation
Day 18


*"I use my remarkable
gifts to show random
acts of kindness.
My gifts are making
room for me"*

Carmela E. Head

**My Gifts
Matter!**



#2023BTTM30daygratitudechallege
www.transformational-moment.com



***Expressing Gratitude
Through Our
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?

The Be Transformed Transformational Moment Gratitude Challenge
#2023BTM30daygratitudechallenge

WWW.TRANSFORMATIONAL-MOMENT.COM
First Glance LLC





BE TRANSFORMED 2023 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

#2023BTTM30daygratitudechallenge

WWW.TRANSFORMATIONAL-MOMENT.COM

First Glance LLC