

30-Day Gratitude Challenge

○ The strengths that your team members bring to the table

○ 3 people you are grateful for and why

○ Send a note of gratitude to a mentor

○ A challenging experience that made you strong

○ A collaboration that positively impacted your organization

○ 3 ways feedback from your team has helped you grow as a leader

○ A fear you have overcome

○ 3 activities you enjoy most and why

○ What made you smile today?

○ 3 things you love about your chosen family

○ What is your favorite place and why?

○ 3 things you love about yourself

○ The last time you were overcome with joy

○ A risk you are grateful you took and why

○ A resource that significantly impacted your leadership style

○ 3 songs that bring you joy

○ What skill are you grateful for and why?

○ One luxury you are thankful for

○ Describe a rejection you are grateful for

○ 3 things about your organization's culture you are grateful for

○ What are you most grateful for in your daily life?

○ 3 things you are grateful for about where you live

○ 3 items in your home you are grateful for

○ Thank your biggest cheerleader on the team

○ Something in nature you are grateful for

○ A person in your past you are grateful for

○ A professional development opportunity you are grateful for

○ Describe the last time you laughed so hard you cried

○ What is your proudest accomplishment?

○ 3 things you want to manifest

