

21-DAY FAMILY GRATITUDE CHALLENGE

1 A favorite place to visit

2 A challenge you overcame recently

3 A favorite memory from this year

4 Something you love about yourself

5 Someone that always makes you laugh

6 Something useful in your home you are grateful for

7 Someone in your life you are grateful for and why

8 A time you were grateful for something a friend did for you

9 Something good that happened to you today

10 A new skill you learned recently

11 Someone who helped you solve a problem

12 A favorite family tradition

13 A new food you tried recently and liked

14 A recent time you helped someone

15 A time when you felt courageous or brave

16 A family member you are grateful for

17 A book you read and loved

18 A friend you love spending time with

19 A favorite thing to do outside

20 A movie you recently watched and loved

21 A nice place you traveled to, near or far

Choose one prompt a day to practice gratitude together. Color in the section when you're done.

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With gratitude,
Big Life Journal team

GrowthMinded a new membership by Big Life Journal, an award-winning company that is trusted by over 1 million parents, educators, and therapists worldwide.

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Science-based **parenting tools and top resources** tailored for ages 5 through teen

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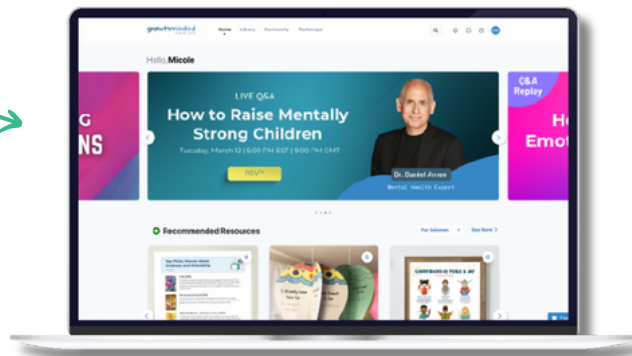
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-Sarah N.

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