



31- DAY

GRATITUDE

CHALLENGE

July 2020

Set an example for healthy living this month when you celebrate and share those things you are grateful for.

BE THANKFUL
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LIVE healthy
NMC Health. Walking the Walk.

BE THANKFUL

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Name _____

Department _____

Express gratitude for...

			1 Something you like about yourself	2 A challenge you've overcome	3 A personal talent you possess	4 Something you've created
5 Your greatest accomplishment	6 Something you often take for granted	7 Your best personality trait	8 Something beautiful you saw today	9 Your spouse or significant other	10 Something you are looking forward to	11 Your health and well-being
12 Someone who inspires you	13 Something you use every day	14 Family and friends	15 Something you like about your job	16 A lesson from a mistake you made	17 Something that someone gave you	18 Something that made you smile today
19 A coworker who makes work life better	20 A book that inspired you	21 Your past experiences	22 Something that puts a smile on your face	23 Your community and neighbors	24 Something you like about your home	25 Something awesome about your age
26 Positive people in your life	27 The chance of a new day	28 The little things that make life great	29 Something that made you laugh today	30 Something you look forward to	31 Your boss or supervisor	

Join the Challenge!

Multiple studies have shown benefits to mental and physical well-being tied to gratitude. Did you know that gratitude reduces stress, fatigue and inflammation? It also improves sleep and mood. Those who practice gratitude are also less likely to battle depression, even when struggling with chronic illness.

THE CHALLENGE

Every day for 31 days celebrate what you're grateful for in conjunction with the theme for the day. Snap a photo, post or journal about your thankfulness. Share your gratitude on Facebook, Instagram and Twitter #gratefulnmc

Turn in your tracking sheet by Friday, August 7, and get entered to win one of three \$25 gift cards to Dillons.

Send your tracking sheet to:

Shelly Conrady, Marketing at shelly.conrady@newtonmed.com



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