

MONTH OF MASTERY

4 weeks of Gratitude & Appreciation Challenges for Grown Ups



WELLNESS WISDOM:

The learner's growth is highly dependent on the adult's willingness to grow and stretch themselves.

WEEK 1: DISCOVERING GRATITUDE IN DAILY LIFE

Overarching Goal:

Cultivate a daily practice of recognizing and appreciating small moments of joy and gratitude to enhance overall well-being and positivity.

Task:

Create a gratitude board. Each day, add pictures, drawings, or notes of things you feel grateful for.

Proactive Process:

1. Set Up the Gratitude Board:

- Choose a prominent place in your home or workspace for the gratitude board, such as your kitchen, office, or a personal space.
- Gather materials like a bulletin board, corkboard, or large piece of paper, along with markers, paper, sticky notes, and other art supplies.

2. Daily Gratitude Routine:

- Establish a daily routine for yourself to contribute to the gratitude board. This could be first thing in the morning, during a lunch break, or before bed.
- Each day, add a picture, drawing, or note about something you are thankful for. It can be something small like a beautiful sunrise, a kind gesture from a colleague, or a personal achievement.

Personal Reflection:

- How did focusing on gratitude affect your overall mood and outlook on life? What changes did you notice in your awareness and appreciation of everyday moments?
- How can you continue to integrate gratitude into your daily routine to maintain a positive and appreciative mindset?

