



30 Day Gratitude Challenge

BLOOM IN WELLNESS

“Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously.”

– Ralph Waldo Emerson

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Welcome

Welcome to our 30-Day Gratitude challenge! Research shows that keeping a gratitude journal for 30 days boosts health, happiness and wellbeing significantly. Before there was adequate research, the belief was that the brain did not change much after birth. Now we know this is not true as new research has proven that we can decide which connections we want to strengthen and which we can weaken. Studies support the theory that physical changes in the brain can take place after a few weeks of repeated, intense practice. We can focus on the activities we want to use to rewire our brain and gratitude can be one of them.

BENEFITS OF GRATITUDE

Studies have shown that practising gratitude leads to:

- Improved physical health
- Increase in optimism and a positive outlook on life
- Helps you to let go of anger and resentment
- Increase in attention and ability to persevere
- Increase in actions of compassion
- Increase in a sense of connection to others
- Enhances empathy and reduces aggression
- Improves self-esteem
- Writing in a gratitude journal improves sleep
- More likely to achieve personal goals

If you incorporate practising gratitude into your daily life, you will notice that you feel a higher, lighter energy. This has also been my experience and many others report that during this healing process, a simple gratitude exercise always made a positive, significant difference to their day.

Gratitude Quotes



“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.” ~ Melody Beattie

“There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.” ~ Albert Einstein

*“Give thanks to the Lord, for he is good; his love endures forever.”
~1 Chronicles 16:34*

*“Thank you” is the best prayer that anyone could say. I say that one a lot. Thank you expresses extreme gratitude, humility, understanding.”
~Alice Walker*

“Feeling gratitude and not expressing it is like wrapping a present and not giving it.” ~William Arthur Ward

*“The roots of all goodness lie in the soil of appreciation for goodness.”
~Dalai Lama*

GRATITUDE PRACTICE IDEAS



1. ONGOING GRATITUDE INVENTORY

Start noticing the things that you use in your daily life, that benefit you. As you bathe, brush your teeth, eat, walk around the house, do chores such as washing your clothes, be mindful of the things you use and spend a bit of time each day, acknowledging them and making a mental note. For example, you are bathing, and you imagine what it would be like to not have running water - hot water even, or soap or a towel.

2. GRATITUDE JOURNAL

Get a journal or notebook and write down what you are grateful for. Some people do this first thing in the morning or last thing at night, but you can do it at any time or many times during the day.

3. EXPRESSING VERBALLY

Sometimes saying what you are grateful for out loud can be prayerlike and powerful. You can say anything that comes to mind.

4. EXPRESS WITH A WRITTEN “THANK YOU”

Martin Seligman of the University of Pennsylvania recommends writing a 300-word letter to someone who changed your life for the better. (Of course, in withdrawal, whatever you can manage is okay.) When you write, be specific and tell that person how what was offered benefited you. Dr. Seligman recommends delivering the letter in person (some of you may not be able to do this) and reading the letter slowly to your benefactor. If you can't do the delivery, just writing the letter and being specific is enough.

5. GRATITUDE REFLECTIONS

Make it a habit to think back to good things that have happened in your life. Little synchronicities, opportunities that turned out to be blessings, 'chance' meetings that developed into great friendships, gifts you received, etc. You can include these in your journal, if you wish.

6. CELEBRATE YOUR SUCCESSES

Consciously and intentionally celebrate even the smallest successes. During withdrawal, a simple thing like preparing a meal or getting out of bed is a success. Make everything positive that you find yourself capable of doing, a success - and then find a way to celebrate. It doesn't have to be a grandiose gesture; it can be a simple acknowledgement or sharing with a friend or family member. This is also something you can add to your journal.

7. EXPRESS YOUR GRATITUDE TO GOD/HIGHER POWER

If you have a faith or belief, praying increases gratitude. You can thank God (or a higher power/whatever your concept) for any and all the things you can find to be grateful for. You can also do what is known as affirmative prayer, where you thank God in advance. So, you pray for your healing and you trust that God is healing you and you thank Him.

YOUR 30-DAY GRATITUDE CHALLENGE



During the next 30 days try to be in awareness of the things you take for granted, that you are grateful for and share with us, whatever comes up for you.

It can be difficult to change habits, but unless you participate in these challenges and start putting them into action, you won't benefit and have the desired effects.

If you are a member of our Hope & Healing Circle, you are encouraged to share your lists, your insights, and your experiences there as it will help you to be accountable (only if you feel like doing so). You will be acting on what you have read and therefore committing to this intention to make gratitude a part of your daily life.

The idea is that you post what you're grateful for and you see what others are grateful for. Even just the act of witnessing gratitude can increase your wellbeing and give you a sense of being connected. So please join us and make this a positive habit that will help you to rewire your brain, as it heals.

Thank you for embarking on this wonderful, fulfilling and healing adventure!

Baylissa

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