

# GRATITUDE CHALLENGE

We've been taught that if we work hard, we will be successful, and then we'll be happy. If we can just find that great job, get a raise, lose those five pounds, happiness will follow. But recent discoveries in the field of positive psychology have shown that this formula is actually backward: happiness fuels success, not the other way around. (Shawn Achor, *The Happiness Advantage*)

Together, we are going to practice choosing happiness by completing the Gratitude Challenge!

**Keep a Gratitude Journal:** Write 3 different things you are thankful for each day. You cannot repeat what you are thankful for.

**Write a note of sincere appreciation:** Show genuine appreciation for a teacher, friend, or family member for something they have done for you.

**Make a small gift for someone:** Spend some time thinking of someone and what they would like to receive as a gift!

**Perform a random act of kindness:** Do something nice for someone without expecting anything in return.

**Have a conversation with an adult family member without looking at your phone:** Make eye contact and show that you are listening to what they are saying.