

Day 1

Step outside and close your eyes for a moment. What sound do you hear that intrigues you?

Day 2

Who in your life are you grateful for today?

Day 3

What book are you grateful for today?

Day 4

What do you see everyday that you are grateful for?

Day 5

Random acts of kindness: Hand write out a "thank you" card and give it to someone that you enjoy working with.

Day 6

What thought brings you a sense of peace?

Day 7

What reoccurring negative thought can you let go of?

Day 8

What or who makes you laugh?

Day 9

What skill or ability do you have that you are grateful for?

HR C-Suite's 21-Day Grateful Challenge

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Day 10

Random acts of kindness: Do something kind for someone anonymously.

Day 11

What or who makes you laugh out loud to the point of snorting?

Day 12

What inspirational quote are you most grateful for?

Day 13

What small thing that happened to you today that you are grateful for?

Day 14

Jot down what you are grateful for that money can't buy.

Day 15

Random acts of kindness: Share an overheard compliment with someone.

Day 16

What new thing would you love to learn? Jot down ideas on how to go about learning something new.

Day 17

Go 24 hours without complaining about one thing.

Day 18

Write down one change you are grateful for. Why are you grateful for it?

Day 19

Message a friend and tell them why you are grateful for them.

Day 20

Random acts of kindness: Bring a co-worker a cup of coffee or pastry or offer to help with a challenging project.

Day 21

What new positive habit or thought have you formed that you are grateful for and will continue?