

20 day July Gratitude Challenge

Each day, write one thing you are grateful for.

Use the prompts or come up with your own!

When completed email to wellness@waypointcentre.ca

1

*a smell you
love*

2

a memory

3

*a moment
from today*

4

*a future
event*

5

*something that
makes you
laugh*

6

*something
about your job*

7

*your
favourite
book*

8

a hobby

9

a sound

10

*something
that inspires
you*

11

*something
you're proud of*

12

a game

13

a technology

14

*a food you
love*

15

*an
opportunity*

16

*something you
didn't have last
year*

17

*a personality
trait of yours*

18

*a talent you
have*

19

*a tv show or
movie*

20

*something in
nature*