

HPJH January Gratitude Challenge

2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9 <small>Think about: who is a person you are grateful for in your life? Send them a quick text or email or write a note to them.</small>	10 Have a meal with a friend or a loved one.	11 Think about: what is one of your strengths?	12 Start your day outside.	13 Tell yourself 3 things that you like about yourself.	14	15
16 Forgive yourself for a past mistake.	17 Think about: what is something you are proud of?	18 Play a game / be physically active (15 min).	19 <small>Think about: who is a person who is always kind to you? Send them a thank you text or email or write a note to them.</small>	20 Think about: what is something beautiful you see outside today?	21	22
23 Think about: what happened today that you are grateful for?	24 Try something new.	25 Take a break from your cell phone for 30 mins.	26 Allow yourself to ask for help when you need something.	27 Write an encouraging note to a friend.	28	29
30 Plan something fun for the weekend.	31 <small>Think about: what happened today that you are grateful for?</small>	1 Draw for the free pizza lunch!	2	3	4	5

Notes:

Hopefully, we have all had some time to reset over the holidays. Let's keep the self-care momentum going! Complete each gratitude challenge for the rest of January. The dates are simply a suggestion to help our people who need a set calendar! Once you complete the challenge, **initial and date it. Turn it into your English teacher on February 1** to be entered into a **draw** to win a Big Wedge pizza lunch coupon.

