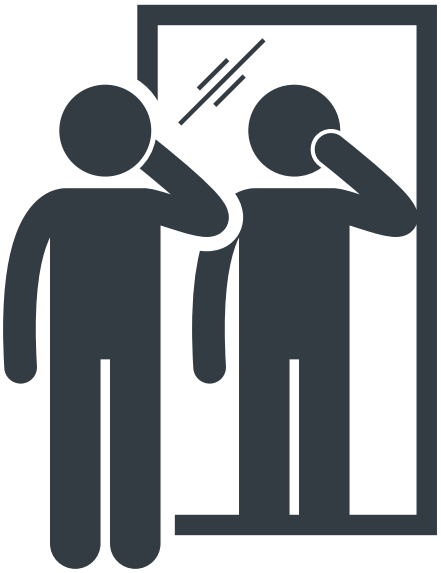
GRATITUDE + COMPLIMENT YOURSELF

If you need to improve your self-confidence and happiness, try 28 days of gratitude plus a compliment to yourself every day.

While this is the simplest of all the challenges, it is powerful for changing your perspective and improving your mindset. Many people like to do this challenge during November to coincide with Thanksgiving, but feel free to do this challenge any time of the year.

Here are a few tips for the challenge:

- Choose a variety of things to be grateful for. Tangible things, feelings, thoughts, events, people, and memories are all fair game.
- If you're having difficulty complimenting yourself, fake it until you believe it.
- Do this challenge with your partner or close friend and read each other's lists of gratitudes and compliments at the end of the challenge.



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1. Print it out! Be sure to print out two copies, so you have space for all 28 days.

28 DAYS OF GRATITUDE

I AM GRATEFUL FOR...	I LIKE _____ ABOUT MYSLEF.

2. In the left column, write something you are grateful for

3. In the right column, write a compliment to yourself.

28 DAYS OF GRATITUDE

I AM GRATEFUL FOR...	I LIKE _____ ABOUT MYSLEF.

28 DAYS OF GRATITUDE

I AM GRATEFUL FOR...	I LIKE _____ ABOUT MYSLEF.