

2020 MAY



Now part of the PHOENIX family!

Gratitude Challenge



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	01	02
					Define Gratitude	Write Down What You're Grateful For
03	04	05	06	07	08	09
Say Thank You	Say Morning Gratitude Affirmations	Send a Thank You Card	Offer a Moment of Silence in Gratitude	Write a Nice Review	Donate	Show Someone You Love Them
10	11	12	13	14	15	16
Serve Others	Pay it Forward	Write a Letter to a Service Member	Read About Gratitude	Hang a Gratitude Board	Reflect on What You Might be Taking for Granted	Get Social
17	18	19	20	21	22	23
Focus on You	Send Flowers	Make a Gratitude Jar	Tip Someone Well	Do Something Kind for a Neighbor or Friend	Get Creative	Share Your Abundance with Others
24	25	26	27	28	29	30
Announce Your Thanks	Gratitude Post-its	Give a Gift	Call a Friend	Meditate	Compliment Someone	Discover Awe
31	01	02	03	04	05	06
Take it All In						