



31 Day Gratitude Challenge

For Mystical, Crystal Toting,
Plant & Moon Loving Women!

#HLJGRATITUDECHALLENGE

www.HealthyLivingJourney.com

Gratitude (grat·i·tude)

noun

"the quality of being thankful; readiness to show appreciation for and to return kindness"

What's the challenge about?

"31 Day Gratitude Challenge" is all about taking daily actions to be grateful for something. The point of these daily actions is to become more in-tune with our lives and to become better aligned with our purpose. There is an understanding that the universe conspires on our behalf and being grateful aligns us with our purpose. The hope is that at the end of these 31 days, we will find ourselves feeling more uplifted, full of appreciation for our lives, and we'll continue the course of our true purpose.

Share your experience

"If you want, share your gratitude on Facebook & Instagram with the #HLJgratitudedechallenge! Follow along with my 31 days at @healthylivingjourney to see what I am grateful for.

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How the challenge works?

Every morning for the next 31 days (preferably starting January 1st) you will begin the day by answering the first "Morning" question. Each day has a "Daily Action" that you must follow that day. Each evening you will answer the second question ("I am grateful for"). It doesn't have to be anything huge, something as, "I am grateful for the banana I ate this morning" is fine. Lastly circle your mood. I ask that you share your experience online by tagging us on social media with #HLJgratitudechallenge. Good luck!

Example...

1 / 2 / 2021

Morning Question

What crystal are you grateful for?

Emerald, it's my favorite stone for healing myself

Daily Action

Meditate for 10 minutes with your favorite crystal. ✓

This evening I am grateful for...

My plants that I care for in my home

Mood Meter



___/___/___

Morning Question

What memory are you grateful for?

Daily Action

Go one full day without complaining.

This evening I am grateful for...

Mood Meter



___/___/___

___/___/___

Morning Question

What crystal are you grateful for?

Daily Action

Meditate for 10 minutes with your favorite crystal.

This evening I am grateful for...

Mood Meter



___/___/___

Morning Question

What basic need (food, water, etc.) are you grateful for?

Daily Action

Pay it forward to someone today.

This evening I am grateful for...

Mood Meter



Morning Question

What tradition are you grateful for?

Daily Action

Be a listening ear to someone & thank them for sharing...no feedback.

This evening I am grateful for...

Mood Meter



___/___/___

Morning Question

What's your favorite food?

Daily Action

Cook your favorite food you mentioned above this week.

This evening I am grateful for...

Mood Meter



___/___/___

___/___/___

Morning Question

What in nature are you grateful for?

Daily Action

Smell and touch a flower.

This evening I am grateful for...

Mood Meter



___/___/___

Morning Question

What piece of clothing are you grateful to have?

Daily Action

Give away old clothes you no longer wear.

This evening I am grateful for...

Mood Meter



Morning Question

Who helped you in a time of need?

Daily Action

Write a thank you note to the person you mentioned above.

This evening I am grateful for...

Mood Meter



___/___/___

Morning Question

What color are you grateful for?

Daily Action

Wear something today with the color you wrote above.

This evening I am grateful for...

Mood Meter



___/___/___

Morning Question

What's your favorite animal?

Daily Action

Allow your favorite animal to be your phone screen saver for today.

This evening I am grateful for...

Mood Meter



___/___/___

Morning Question

What face feature of your own are you grateful for?

Daily Action

Compliment a stranger.

This evening I am grateful for...

Mood Meter



___/___/___

Morning Question

Who in your life you're grateful for?

Daily Action

Write a thank you note to the person you mentioned above.

This evening I am grateful for...

Mood Meter



___/___/___

Morning Question

What life lesson are you grateful for?

Daily Action

Share with someone the lesson above and how you overcame it.

This evening I am grateful for...

Mood Meter



___/___/___

___/___/___

Morning Question

What Season are you grateful for?

Daily Action

Look up a destination you'd like to travel to during the season above.

This evening I am grateful for...

Mood Meter



___/___/___

Morning Question

What talent (or skill) do you have that you are grateful for?

Daily Action

Meditate for 10 minutes to receive guidance on how to share your talent.

This evening I am grateful for...

Mood Meter



Morning Question

What's your favorite area in your home?

Daily Action

Deep clean the area you mentioned above.

This evening I am grateful for...

Mood Meter



___/___/___

Morning Question

What knowledge are you grateful for?

Daily Action

Spend the day being an optimist.

This evening I am grateful for...

Mood Meter



___/___/___

___/___/___

Morning Question

Where have you seen unexpected beauty?

Daily Action

Go outside and appreciate the beauty of nature.

This evening I am grateful for...

Mood Meter



___/___/___

Morning Question

What family member are you most grateful for?

Daily Action

Spend time with loved ones.

This evening I am grateful for...

Mood Meter



Morning Question

What book(s) are you grateful for?

Daily Action

Tell someone about the book(s) mentioned above.

This evening I am grateful for...

Mood Meter



___/___/___

Morning Question

What song are you grateful for?

Daily Action

Play the song you mentioned above today.

This evening I am grateful for...

Mood Meter



___/___/___

Morning Question

What essential oil are you grateful for?

Daily Action

Place a few drops in your bath or shower today.

This evening I am grateful for...

Mood Meter



___/___/___

Morning Question

What new connection are you grateful for?

Daily Action

Make an effort to smile more throughout the day.

This evening I am grateful for...

Mood Meter



___/___/___

Morning Question

What's your favorite affirmation?

Daily Action

Write the above affirmation down & tape it on a mirror.

This evening I am grateful for...

Mood Meter



___/___/___

Morning Question

What's your favorite type of music?

Daily Action

Make a playlist and listen to it.

This evening I am grateful for...

Mood Meter



___/___/___

___/___/___

Morning Question

What spiritual practice are you grateful for?

Daily Action

Learn something new about the above spiritual practice.

This evening I am grateful for...

Mood Meter



___/___/___

Morning Question

What part of the day are you grateful for?

Daily Action

During your favorite time of the day do something nice for yourself.

This evening I am grateful for...

Mood Meter



Morning Question

What technology are you grateful for?

Daily Action

Go an hour without any technology.

This evening I am grateful for...

Mood Meter



___/___/___

Morning Question

What body part are you grateful for?

Daily Action

Spend 30 minutes practicing self-love.

This evening I am grateful for...

Mood Meter



___/___/___

Morning Question

Which healing method are you grateful for?

Daily Action

Schedule to attend a healing circle for women next month.

This evening I am grateful for...

Mood Meter



___/___/___

Morning Question

What childhood experience are you most grateful for?

Daily Action

Plan to do something nice for a child this week.

This evening I am grateful for...

Mood Meter



Reflections...

How did the month go? What did you like?
What did you struggle with?

New Mindset

Do you notice any changes in your mindset? How you feel
at the end of the day? How you feel overall?

Need Guidance?

Demeka provides consulting services among other
services. Book a session @ 678.701.7757.

