

Practicing Gratitude

Discover new lessons every day which can be completed in around 5-10 minutes. Don't worry if you miss a day — you can always catch up tomorrow.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Day 1 Nourish Your Personal Life (2m 58s)</p>	<p>Day 2 Focus on what's good and build gratitude (4m 9s)</p>	<p>Day 3 Discovering Genuine Gratitude (3m 57s)</p>	<p>Day 4 Expressing Gratitude (1m 44s)</p>	<p>Day 5 Reflection: What are your favorite takeaways from the videos you explored?</p>
<p>Day 6 Gratitude and Service (3m 07s)</p>	<p>Day 7 Activity: Block off 1 hour of “no complaining” in your calendar this week.</p>	<p>Day 8 Practicing Gratitude or Wellbeing (2m 46s)</p>	<p>Day 9 Neurohack of gratitude (2m 31s)</p>	<p>Day 10 Gratitude meditation (12s)</p>
<p>Day 11 .Activity: Set one intention for this week to keep you focused.</p>	<p>Day 12 Activity: Meditate for 5 minutes</p>	<p>Day 13 Practice Gratitude to Manage FOMO (2m 59s)</p>	<p>Day 14 Gratitude builds resilience (5m 34s)</p>	<p>Day 15 Building New Joy Pathways (3m 59s)</p>
<p>Day 16 Explore Gratitude and Generosity (8m 04s)</p>	<p>Day 17 Challenge: Set aside time to write down how you will implement your learning.</p>	<p>Day 18 The Gift of Gratitude (3m 10s)</p>	<p>Day 19 Activity: Think of three things you're grateful for.</p>	<p>Day 20 Challenge: Brainstorm one way you can invest in yourself this month.</p>