



Daily GRATITUDE Challenge

 commit to be fit

Monday	Tuesday	Wednesday	Thursday	Friday
4 Show gratitude to a co-worker by really listening to them	5 Write a thank you letter to a colleague telling them why you are grateful for them	6 Write down a challenge in your life that made you a better person in the end	7 Greet everyone you see today with a smile	8 Write down something that made you smile today
11 Write down 10 things that you are grateful for in your job	12 Offer to help a colleague	13 Post a note of gratitude on the Gratitude Tree	14 Take a photo with a co-worker you are grateful for and send to C2BF	15 Take a grateful minute to just think about all of the good in your life
18 Encourage others to show gratitude in school	19 Write a positive note to a student or parent	20 Leave a surprise or treat for a co-worker	21 Write down 10 positive traits about yourself	22 Give a sincere compliment to 5 different staff members today
25 Give a hug (or a high-five) to someone you greatly respect	26 Write down how acts of kindness and gratitude has changed your outlook or lifted your mood (<i>send to C2BF</i>)	<p>How to Play: Each school day has a special gratitude activity. Simply check off the activity, if you completed it on that day. Complete the activity on 11/26 and let us know how many of the activities you completed during the month. The number of activities completed equals the number of times your name will be entered into the prize drawing!! Ex.- 15 activities equal 15 entries. We will be drawing 3 winners.</p>		

THREE WINNERS!

One winner will receive a **massage gift certificate**. The second winner will receive a **winter themed basket**. The final winner will receive a **Target gift card**. See details above.