



walking with purpose

## ***THE WWP GRATITUDE CHALLENGE***

- 1** Measure yourself today by contentment and laughter rather than by inches and pounds.
- 2** Carry a rock in your pocket and every time you touch it, thank God for something.
- 3** Thank God for three things you like to hear.
- 4** Satisfy your desire for beauty by listening to 'Duetto- Sull'aria' by Mozart
- 5** Find someone who works in the service industry and say thanks for the help they provide.
- 6** When you get in the shower, start to list your blessings and don't stop until you turn off the water.
- 7** Thank God for three things that you like to taste.
- 8** Throw out your merchandise catalogs.
- 9** Go through a drive-through line and pay for the person behind you.
- 10** Fast from social media for the day.
- 11** Think of three friends you are grateful for; text them and let them know.
- 12** Measure today by how many people you complimented instead of how many people got on your nerves.
- 13** Write a note of appreciation to someone who has taught you something or inspired you.
- 14** Thank God for three things in your home.
- 15** Watch a sunset in the most quiet place possible.
- 16** Unsubscribe from email lists of 20 companies that send you too many ads.
- 17** Binge watch John Crist videos. As in WATCH THEM ALL. (Youtube)
- 18** Thanksgiving!