

# Gratitude Challenge



[WWW.FACEBOOK.COM/GROUPS/BEAUTYEVERYWHERE/](http://WWW.FACEBOOK.COM/GROUPS/BEAUTYEVERYWHERE/)

DAY	THEME	YOUR BEAUTIFUL THOUGHTS
DAY 1	Person you're grateful for	
DAY 2	Place you're grateful for	
DAY 3	Movie/Book/Show that has inspired you	
DAY 4	Favorite affirmation or quote	
DAY 5	Necessity (roof, water, etc) you're grateful for	
DAY 6	Health/Body topic you're grateful for	
DAY 7	Favorite memory or moment	

**"The more grateful you are, the more beauty you appreciate in the world"**  
—Beauty Everywhere