



The 7 Minute Challenge

My Daily Dose of Gratitude

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21

Cycle #1

Instructions: Practice a mindset of gratitude for 7 minutes each day for three “21-day” cycles or a total of 63 days. During the daily 7-minute challenge, only focus on what you are grateful for and do not think about anything negative. This exercise will help make you healthier: physically, emotionally, and spiritually. In each box write down one word of gratitude for each day.



The 7 Minute Challenge

My Daily Dose of Gratitude

Gratitude
Changes
Everything

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21

Cycle #2

Instructions: Practice a mindset of gratitude for 7 minutes each day for three “21-day” cycles or a total of 63 days. During the daily 7-minute challenge, only focus on what you are grateful for and do not think about anything negative. This exercise will help make you healthier: physically, emotionally, and spiritually. In each box write down one word of gratitude for each day.



The 7 Minute Challenge

Practice
Gratitude
Daily

My Daily Dose of Gratitude

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21

Cycle #3

Instructions: Practice a mindset of gratitude for 7 minutes each day for three “21-day” cycles or a total of 63 days. During the daily 7-minute challenge, only focus on what you are grateful for and do not think about anything negative. This exercise will help make you healthier: physically, emotionally, and spiritually. In each box write down one word of gratitude for each day.

