**7 Days to Being More Thankful**

Try this great 7-day challenge to help you become more thankful.

**Day 1:** List 5 things you are grateful for.

**Day 2:** Write a gratitude letter to somebody to say thank you.

**Day 3:** Take a photo of something you are thankful for. Add it to your journal and write about why you took that particular photo.

**Day 4:** Think about somebody who deserves recognition in your life. Now let them know you appreciate them.

**Day 5:** Carry out an act of kindness for somebody.

**Day 6:** Think about the challenges you have faced in your life. How have they helped you today and how different is your life now?

**Day 7:** Reflect on your week. What did you do well and what could you do better next week?