

# GRATITUDE FAMILY CHALLENGE

## 2019

In this month of giving thanks, it's a great time for families to acknowledge the people and the experiences we sometimes take for granted. We want to honor those who have given of their time, their service, and their joy to us and to others. Let's also recognize the beauty around us, the experiences that help us grow, and the gifts we've been given.

Don't forget that we can be thankful in all things, even the difficult things, because those help us become stronger and more grateful for the things we might have missed before.

Use the prompts on the following page to practice being grateful as a family. You can use the Gratitude Challenge in a few ways.

**OPTION #1:** As a family, go through the chart all month long and randomly pick a box. (*Note: There isn't a prompt for every single day of the month. We realize it's difficult to make this happen every day.*) Read a prompt and ask each family member to think of a person or story that comes to mind and share it with everyone.

**OPTION #2:** If you can't physically be together, type out the prompt in a group text.

**OPTION #3:** If you want to remember your answers, fill in each box with each person's answers. Or have each person fill in their own chart.

**OPTION #4:** If possible, send a thank you note, text, email, or handmade card to the people you think about to let them know you are thankful for them.

**OPTION #5:** Planning a Thanksgiving dinner? Go around the table and have each person pick a prompt and share about a person or story that comes to mind.

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Someone who helped you when you needed something

Someone who taught you something

Someone who listens to you when you need a friend

Someone who you see at a store or restaurant on a consistent basis who is always kind

Someone who may have tough to deal with at first, but you were grateful for them later

Something new you learned

Something you like about yourself

Someone who helps your family (neighbor, day care worker, mail carrier)

Something you are looking forward to

Something hard you had to go through and what you learned

Something God made that you think is beautiful (either you've seen in real life, or in photos or videos online)

Something you did well this year

Something you saw someone else do well

Something you use every day that you might take for granted

Someone or something that made you laugh

A gift that you loved receiving and who gave it to you

Someone you see every day (at work, school, neighborhood) who has shown you kindness

Someone who taught you something about God

Someone who lives out their faith in a way that you admire

Someone who serves your community, or even our country

