



A GRATITUDE ATTITUDE CHALLENGE

CHALLENGE: WRITE DOWN ONE THING YOU ARE GRATEFUL FOR EACH DAY FOR TWO WEEKS

AN ATTITUDE OF GRATITUDE IS ESSENTIAL FOR A MORE POSITIVE MOOD AND MINDSET. ACCORDING TO THE NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI), STUDIES SHOW THAT THANKFULNESS PREDICTED A SIGNIFICANTLY LOWER RISK MENTAL HEALTH CONTITIONS SUCH AS "MAJOR DEPRESSION, GENERALIZED ANXIETY DISORDER, PHOBIA, NICOTINE DEPENDENCE, ALCOHOL DEPENDENCE AND DRUG ABUSE." FOR TWO WEEKS WRITE DOWN ONE TO THREE THINGS YOU ARE GREATFUL FOR ON EACH DAY. WHAT ARE YOU GRATEFUL FOR ON THIS DAY?

SOURCE: NAMICA.ORG

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14

Name: _____

Start Date: _____

Work location: _____

MCSIG Wellness REACHING HIGHER