



**5-Day Gratitude Challenge
for Colleges & Universities**



DAY 1: Frozen Good Moments

Welcome and congratulations to participating in this challenge! The goal this week will be to observe and explore (and possibly cultivate) gratitude into your busy student schedule.

You will need to carry a journal and writing utensil (tablet or computer is fine) with you throughout the next 5 days. You will also need to schedule a meeting with your partner (or group) for each day during this 5-day challenge. Phone calls are fine, video chat is better, in person is best. The duration will be a minimum of 20 minutes, and better to carve out 1 hour for this experiment. Gratitude does not need much to grow, so you'll be fine.

Today, we observe. In your journal, throughout the day, capture moments where you see or feel gratitude. You can have fun with this, if you'd like. Take a photo with your phone, pick a memento from "the scene" (a flower, a napkin, a leaf). Report your moments of witnessed or experienced gratitude to your partner. If a larger group, you may want to break into partners for this exercise.

When you have both shared, explore what emotions you felt in the retelling of the stories, as well as the listening of your partner's stories. Did your heart rate go up or down? Were you engaged or distracted? Did you feel similar emotions in the retelling as you did earlier in the day? What emotions did you experience?

In the space below, describe how you interpreted and carried out the exercise. Include as many details as you are able.

[SPACE TO ENTER TEXT]

Successes

Did you perceive any difference in attitude or demeanor, or any positive way in which your group related to you or one another that struck you as related to this exercise? Were there any funny or endearing moments you'd like to share?

[SPACE TO ENTER TEXT]

Challenges

Were there any difficulties with this exercise? Any disruptions, or other interferences? We'd love to hear what you struggled with, and your thoughts on any causes, and how you adjusted (or perhaps didn't)?

[SPACE TO ENTER TEXT]

Great Job! Anything else you'd like to share?

[SPACE TO ENTER TEXT]

When you are complete with notes, click "Save and Continue" link below. This will generate an email link so you can return tomorrow for Day 2!

[Buttons: PREV, NEXT, SAVE & CONTINUE LATER]

Day 2: Think & Thank

Welcome back! Yesterday we observed moments. Today we will do more than observe – we will appreciate.

With our journals in hand, find a place where you enjoy spending time on your campus. Ideally, this place will be easy for you to think in peace.

Is there a person who stands out as having helped you get into college? This may be a parent, a former teacher, a mentor, a friend. You may have more than one, but see if there is one person who comes to mind more than the others.

Give yourself 3 minutes to simply think about this person. What did they do to

help you exactly? What was their reason for helping you? How does it feel to be the beneficiary of their help?

Now, write this person a thank you note. When you meet with your partner, read your notes to one another, sharing stories and details that came up for you. Again, notice any physical sensations you may have experienced during this exercise (heart rate, breathing, joy, empathy, forgiveness, etc.).

Consider mailing the thank you note!

In the space below, describe how you interpreted and carried out the exercise. Include as many details as you are able.

[SPACE TO ENTER TEXT]

Successes

Did you perceive any difference in attitude or demeanor, or any positive way in which your group related to you or one another that struck you as related to this exercise? Were there any funny or endearing moments you'd like to share?

[SPACE TO ENTER TEXT]

Challenges

Were there any difficulties with this exercise? Any disruptions, or other interferences? We'd love to hear what you struggled with, and your thoughts on any causes, and how you adjusted (or perhaps didn't)?

[SPACE TO ENTER TEXT]

Nice work! Anything else you'd like to share?

[SPACE TO ENTER TEXT]

When you are complete with notes, click "Save and Continue" link below. This will generate an email link so you can return tomorrow for Day 3!

[Buttons: PREV, NEXT, SAVE & CONTINUE LATER]

Day 3: Spontaneous Gratitude

Welcome to Day 3! Ok, you've observed, you've appreciated... now, we act!

See how many random acts of ANONYMOUS acts of kindness you can perform (leave a quarter in a parking meter, place a flower on a stranger's desk, offer help, hold the door open, smile, give someone a compliment, etc). Make a note in your journal of everything you do.

Compare notes and stories with your partner. Was it fun? Did you notice if your perception of time seemed to speed up or slow down today? How was your mood? How did others seem to interact with you? Were they friendly?

In the space below, describe how you interpreted and carried out the exercise. Include as many details as you are able.

[SPACE TO ENTER TEXT]

Successes

Did you perceive any difference in attitude or demeanor, or any positive way in which your group related to you or one another that struck you as related to this exercise? Were there any funny or endearing moments you'd like to share?

[SPACE TO ENTER TEXT]

Challenges

Were there any difficulties with this exercise? Any disruptions, or other interferences? We'd love to hear what you struggled with, and your thoughts on any causes, and how you adjusted (or perhaps didn't)?

[SPACE TO ENTER TEXT]

More than half way complete! Anything else you'd like to share?

[SPACE TO ENTER TEXT]

When you are complete with notes, click "Save and Continue" link below. This will generate an email link so you can return tomorrow for Day 4!

[Buttons: PREV, NEXT, SAVE & CONTINUE LATER]

Day 4: Degrees of Gratitude

Wow! Only 2 days left! By now, you've observed, appreciated, acted spontaneously. Today, we slow things down to dive deeply into gratitude.

With your partner, with your journals in hand, find a place where you enjoy spending time on your campus. Ideally, this place will be easy for you to think in peace. Think about a favorite class you are particularly interested in, or your favorite extracurricular activity. Write down why you like this subject or activity so much. Be specific. What about it challenges you? What are some of the skills you are learning? What are some strengths you have acquired?

Share what you wrote with your partner. When it is your partner's time to read, be sure to share when you agree with what they are saying.

Take a moment together to feel grateful for the lessons you have learned already, that are distinct and separate from the degree you may receive later. Today is about experiencing the process, rather than the result.

In the space below, describe how you interpreted and carried out the exercise. Include as many details as you are able.

[SPACE TO ENTER TEXT]

Successes

Did you perceive any difference in attitude or demeanor, or any positive way in which your group related to you or one another that struck you as related to this exercise? Were there any funny or endearing moments you'd like to share?

[SPACE TO ENTER TEXT]

Challenges

Were there any difficulties with this exercise? Any disruptions, or other interferences? We'd love to hear what you struggled with, and your thoughts on any causes, and how you adjusted (or perhaps didn't)?

[SPACE TO ENTER TEXT]

Anything else you'd like to share?

[SPACE TO ENTER TEXT]

When you are complete with notes, click "Save and Continue" link below. This will generate an email link so you can return tomorrow for Day 5!

[Buttons: PREV, NEXT, SAVE & CONTINUE LATER]

Day 5: Double the Gratitude

Welcome to Day 5! Congratulations! You have hopefully discovered and experienced gratitude throughout the week, as well as connected with your partner in a new and powerful way.

For this last and final day of the challenge, the two of you are going to double your impact! Select one person you would both like to thank together.

1. Write that person a joint thank you card, describing exactly why each of you feels gratitude.
2. Contact that person together, and read your card to them (each reading a part so you both get a chance to read).

As you wrap up the challenge, be sure to say thank you to your partner for joining you this week and keeping his or her commitment.

Finally, look over your journal entries from each day. Thank your journal for documenting your observances, your appreciations, your random acts of kindness, and for reminding you to be grateful for the gift of learning – without concern for the outcome as much as the journey.

Share with your partner, and then share with us in the space below!

[SPACE TO ENTER TEXT]

Successes

Did you perceive any difference in attitude or demeanor, or any positive way in

which your group related to you or one another that struck you as related to this exercise? Were there any funny or endearing moments you'd like to share?

[SPACE TO ENTER TEXT]

Challenges

Were there any difficulties with this exercise? Any disruptions, or other interferences? We'd love to hear what you struggled with, and your thoughts on any causes, and how you adjusted (or perhaps didn't)?

[SPACE TO ENTER TEXT]

Any final notes you'd like to share?

[SPACE TO ENTER TEXT]

When you are complete with your answers, click "Submit" and accept your Certificate of Completion!

[Buttons: PREV, SUBMIT, SAVE & CONTINUE LATER]