



52-Week Gratitude Challenge

One thing to be grateful for each week for 52 weeks - watch for posts each Friday morning!

January 1/4. What made you smile this week?

January 2/4. What one person did you think of most this week?

January 3/4. What childhood dream did you accomplish?

January 4/4. What one thing in your home made you smile?

February 1/4. What is your favorite thing about winter?

February 2/4. What happened this week that you'll never forget?

February 3/4. What is one thing you love about yourself?

February 4/4. What was the best yet simple thing that happened this week?

March 1/5. What life experience helped you the most this week?

March 2/5. What woman in your life made you see yourself the clearest?

March 3/5. What did you learn this week for the first time?

March 4/5. What is your favorite comfort food?

March 5/5. What are you looking forward to this spring?

April 1/4. What do you take for granted that others might dream of?

April 2/4. What are you grateful for having in your town?

April 3/4. Who do you miss the most that added to your life?

April 4/4. How did you help another this week?

May 1/4. What is one of your greatest achievements in life?

May 2/4. What photo in your gallery makes you smile whenever it pops up?

May 3/4. What you completed off your bucket list?

May 4/4. How do you like to spend the hour before bed?

June 1/5. What one thing in life makes you happy?

June 2/5. What would you have done for a living if you couldn't do what you did?

June 3/5. Where is your favorite neighborhood spot?

June 4/5. What did you appreciate most about this week?

June 5/5. What's the greatest gift you've ever received?



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July 1/4. What have you accomplished independently that surprised you?

July 2/4. What is one happy memory with a parent or grandparent?

July 3/4. What hobby do you love?

July 4/4. What is your favorite picnic spot?

August 1/4. What's your favorite book memory?

August 2/4. What are you most proud of?

August 3/4. When you've had hard times, who's been there to pick you up?

August 4/4. What is your favorite time of day?

Sept 1/5. What one part of your life would you happily give to others?

Sept 2/5. If you could sit and chat with one person no longer here - who would it be?

Sept 3/5. Which of the five senses do you rely on the most?

Sept 4/5. What made your work life a little easier?

Sept 5/5. What is something you've recently learned that you are thankful for?

Oct 1/4. What experience in your life surprised you with joy over anxiety?

Oct 2/4. Who makes your life easier on a regular basis?

Oct 3/4. Who was your best friend in your 20s?

Oct 4/4. What did you do this week that you had never done before?

Nov 1/4. What was your favorite trick-or-treat costume as a child?

Nov 2/4. Where do you feel the most comfortable?

Nov 3/4. What relationship do you have that you take for granted?

Nov 4/4. What are you the most thankful for this week?

Dec 1/5. What was your best day this week?

Dec 2/5. Who was really kind to you this week?

Dec 3/5. What freedom do you have in life that you take for granted?

Dec 4/5. What do you give others that costs you nothing?

Dec 5/5. What was the best thing about 2022 for you?

**#Stillwater52WeekChallenge #52WeeksOfGratitude #IWillOwn2022 #MyHappinessMatters
#YourHappinessMatters #DontWorryBeHappy #WeGotThis #FiftyTwo #StillwaterNYLibrary**