

25 DAYS OF *Gratitude*

2025 Challenge

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1 Be present in the moment for five minutes and note three things you are grateful for right now.

2 Reflect on a recent challenge and write about one positive takeaway from it.

3 Write about an experience or trip you feel grateful to have had.

4 Identify a source of laughter or joy in your life.

5 Write a letter of gratitude to someone you need to thank.

6 Name a skill or talent you have that you are thankful for.

7 Reflect on a childhood memory that are you thankful for.

8 Take a 15-20 minute gratitude walk.

9 Recognize today as a gift.

10 Call a person that you are grateful to have in your life.

11 Take 5 minutes to reflect on your blessings.

12 Think about two ways you have grown in the last 5 years.

13 Have a gratitude meal- Reflect on being thankful for food and the ability to eat.

14 Donate 2 items that you do not use.

15 Reflect on two accomplishments that you are proud of.

16 Thank your body for something it allows you to do or experience.

17 Stand in front of a mirror and say what you like about yourself.

18 Scavenger hunt: Find 5 gratitude affirmations that resonate with you.

19 Say a prayer of thanksgiving.

20 Go one full day without complaining.

21 Reflect on what you are thankful for regarding your job or career?

22 List three people who have positively impacted your life and why.

23 Spend some time outside in nature being grateful.

24 Invent your own way to be grateful.

25 Write about how gratitude has impacted your perspective these last 24 days and set an intention to continue.



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