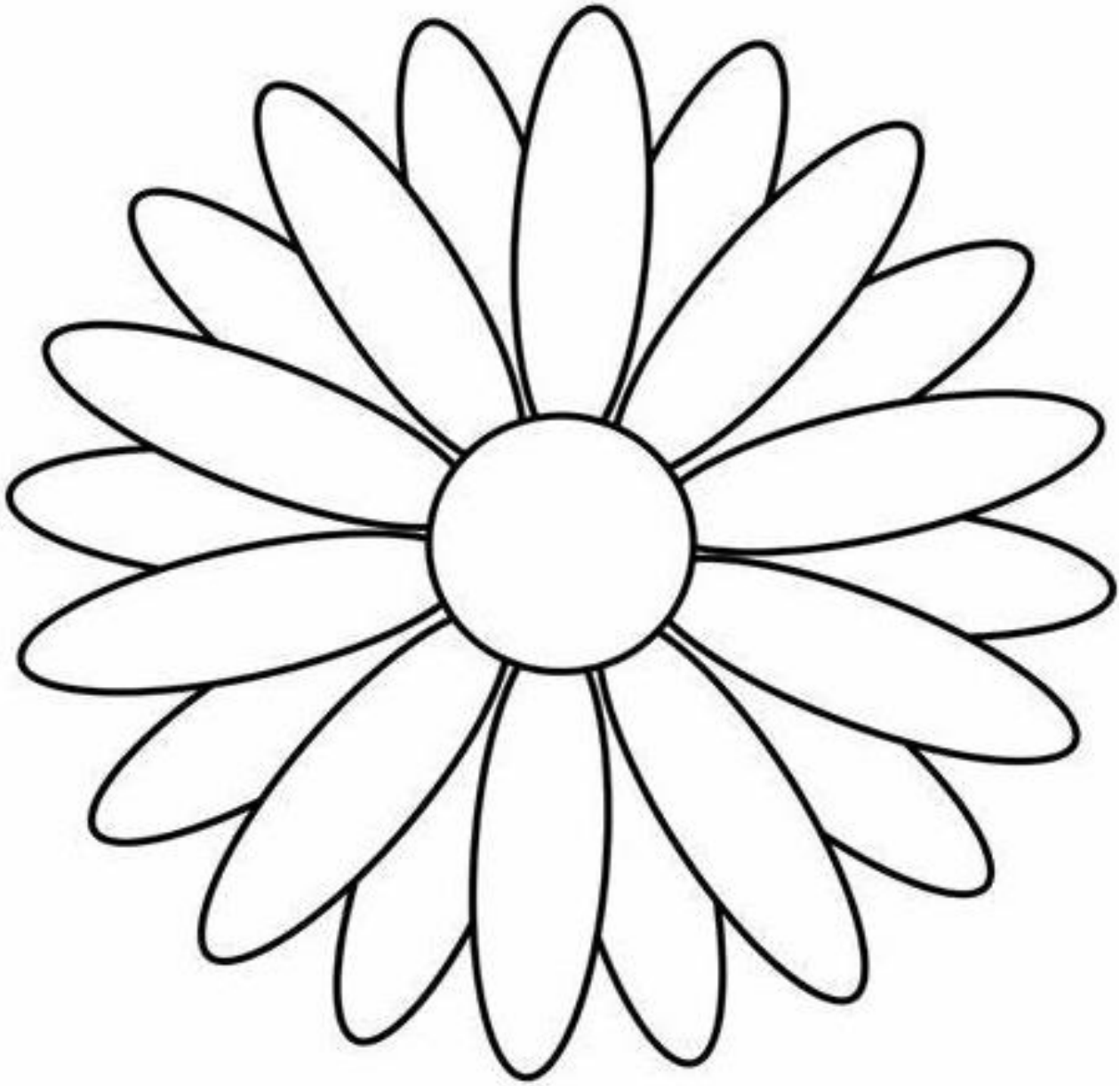
21 DAY GRATITUDE CHALLENGE



Can you take on the Gratitude Challenge?

This flower has 20 petals and one pistil (middle part of flower)

Your goal is to think of one thing you are grateful for each day and colour in the petal.

Some ideas of daily gratitude's could be; A favourite place, someone that makes you laugh, a favourite family tradition, a favourite food or even someone who has helped you in the past.

Once all the petals are coloured in, you will need to complete your final gratitude on the pistil. This gratitude is about yourself or something that you have done. This could be a time where you have been courageous.