

Written by
ONESTEPHOPE

7 Days *of* Gratitude

Pick a Month

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Schedule 7 Days of Gratitude



Week of gratitude

7 Days of Gratitude

Welcome to the 7 Days of Gratitude Activation Tool

No matter your process, gratitude is a powerful tool that celebrates and strengthens wellness. Research has shown gratitude is associated with higher levels of happiness and other forms of well-being.

Each day, there will be a specific theme and focus on thankfulness, with a practical step to take included inside of the pages that follow. These could be types of people, places, or experiences that have benefited your life.

YOUR JOB:

Journal below the daily gratitude prompts on the following pages and complete the activation. You can invite a friend or share online (Use the hashtag [#7DaysGrateful](#)), but what we care most about is you have a real, authentic experience of gratitude throughout the challenge.

Why not start upgrading your life through gratitude this week?

Want to go even further in building a habit of gratitude in your life? Download our [30 Days of Gratitude](#) ebook which will dive more deeply into understanding and practicing gratitude.

7 Days of Gratitude

Today is Somebody Sunday in our #7DaysGrateful challenge!

Somebody Sunday's intention is to share our gratitude for a person who plays a special role in our lives. What better way to start than by identifying a friend who has been an encourager, supporter, and/or adventurer with you. You can also choose to do this weekly!

Send your friend a text or DM today, and [share this link](#) with them, so they can do the 7 Days of Gratitude as well.

Write 5 reasons you are grateful for somebody below:



1

2

3

4

5

7 Days of Gratitude

Today is Mindset Monday in our #7DaysGrateful challenge!

Mindset Monday's are all about words and mindsets that bring us life. What book, text, or sayings inspire your wellness and growth journey? What provides clarity or comfort when life gets confusing?

To activate gratitude, spend 10 minutes diving back into your selected work. Enjoy its life-giving words, and as you reflect upon them, be grateful for those who brought them into being. Or, if you don't have access to a copy, make a list of the works that have meant something to you, and take a moment to feel grateful for each one.



Note a few of these writings or words below:

7 Days of Gratitude

Today is Turning Point Tuesday for the #7DaysGrateful challenge!

What doesn't kill us can make us stronger.

For **Turning Point Tuesday**, we are practicing gratitude for what we learned through situations and experiences that forced us to grow as human beings.

Reframing difficulties we've walked through can bring hope for future challenges. Have you seen a low point or hard season be the birthplace of something better? Learning is at the core of this shift. Where have challenges in relationships or family helped you grow and show up better at home? Have mental or emotional health journeys led to a greater value for self-care or rest? When did experiences that were disappointing or unfulfilling help you discover what you actually wanted?



Journal about what you have learned
through a difficult season in your life below.



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Today is Wonder Wednesday for the #7DaysGrateful challenge!

Nature is full of reasons for gratitude. From the wondrous creatures that fill the oceans to soaring, craggy mountains to the intricacies of flowers, beauty surrounds us. Take a moment to stop and feel gratitude today for an aspect of the world that makes you feel a sense of wonder.

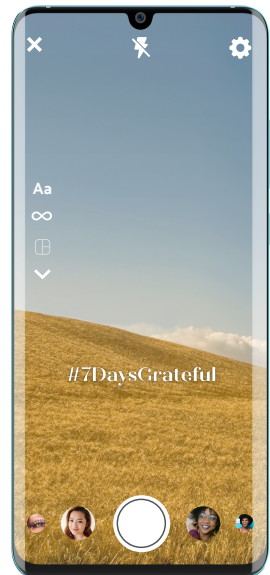
> Get outside, even if for a few minutes, and savor the fresh air!

Then, if you'd like to spread this appreciation on social media, go ahead and share your gratitude process by posting a story with a scene of natural beauty that brings joy and life to you. Tag us at [@onestephope](https://www.instagram.com/onestephope) and use the hashtag #7DaysGrateful.

We'd love to see the hills, valleys, scenes, plants, creatures, and more that move you.

Note, what you found in nature today that you're grateful for.

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Today is Think Positive Thursday for the #7DaysGrateful challenge!

Time to celebrate who we are. Recognizing our strengths can feel as vulnerable as owning our weaknesses. We hope this opportunity gives you permission to see the good, the uniqueness, the beauty in who you are.

Today, we're asking you to journal for a few minutes about five PERSONALITY TRAITS that you're grateful to have. If you run out of things to say, pick another quality about yourself.

If you'd like, tell us how this experience feels via a social media post.

#7DaysGrateful



TRAIT

WHY YOU LOVE IT



TRAIT

WHY YOU LOVE IT



TRAIT

WHY YOU LOVE IT



TRAIT

WHY YOU LOVE IT

7 Days of Gratitude

Today is Free Space Friday in our #7DaysGrateful challenge!

Today is **Free Space Friday** where you can choose something from this week that you are thankful for. There are so many wonderful things to be grateful for!

Journal about how the #7DaysGrateful challenge has affected your day to day life below.

We encourage you to take advantage of the momentum of gratitude you are creating in your life.

Want our FULL 30 Days of Gratitude workbook?

[Click here to download it now.](#)

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7 Days of Gratitude

Today is Self Care Saturday in the #7DaysGrateful challenge!

Today during the 7 Days of Gratitude, we're focusing on
#SelfCareSaturday, because, well, it just works.

Share a post or picture on social media that represents something
that brings you joy, happiness, or simply helps you stay sane.

What foods represent a reward for you? What do you allow yourself
to relax with and enjoy from time to time? What dishes or drinks
bring those wonderful sensations of comfort or nostalgic reminders
of those close to you? Food is one of our very favorite ways to enjoy
and experience goodness (tastiness) in the world. Journal below:

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In this spirit of gratitude, we're asking folks to consider making a donation this month to help us finish our first feature-length documentary, a powerful story of restoration and personal, community, and policy change around incarceration and substance use disorders (addiction).

**HELP US FINISH OUR FIRST FEATURE-LENGTH
DOCUMENTARY BY CLICKING THE BUTTON BELOW:**

[DONATE NOW](#)

Every dollar makes a difference, and we need your support to finish this incredible project (we've raised a third of our budget).

May this month be full of thankfulness and joy for you and your loved ones!

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