20 DAYS OF GRATITUDE

A gratitude challenge for the whole family that will help you reflect, connect, and find joy!

BROOKE ROMNEY'S hey WELL PLAYED

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HEY THERE!

I'm so glad you are joining our gratitude challenge. This is a chance for your family to focus on all you have instead of all you want. Think of it as a little reset that benefits everyone.

Research suggests gratitude helps us feel more satisfied with life, more optimistic, and more connected to the people we love. It doesn't fix everything, but it can make even the hard days a little better and the good times ever sweeter.

Each card has one simple activity to do together. Try them at dinner, in the car, or before bed. By Day 20, I hope you notice a shift in how you see yourselves, each other, and life in general. And if you don't want to do all 20, pick 5-10 favorites. All gratitude makes a difference!

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DAY 1

GRATITUDE ABCS

Grab a paper and write the alphabet down the side. As a family, come up with one thing you're grateful for that starts with each letter. (Yes, X is hard. Get creative!)

DAY 2

GRATITUDE PLAYLIST

Start a shared playlist and have each family member add one or two songs that make them happy. Play it at dinner or in the car, and have each person share why they picked their song.

DAY 3

UNPLUGGED WALK

Take a walk outside together, with no headphones and no phones. Notice what's around you and take turns naming things you're grateful for.

DAY 4

STICKY NOTE SURPRISE

Everyone gets a stack of sticky notes. Write something you appreciate about each family member, then hide the notes where they'll find them: mirrors, lunch boxes, steering wheels, phone cases, pillows.

DAY 5

FAVORITE FOOD NIGHT

Let each person choose a food or dish they absolutely love. Make each one for dinner. As you eat, slow down, and savor every bite. Talk about what makes each food so good.

DAY 6

CAMERA ROLL GRATITUDE

Everyone scrolls through their phone and picks one photo of a moment they're grateful for. Take turns sharing the photo and the story behind it.

DAY 7

HEAD-TO-TOE THANKS

Start at the top and work your way down, naming something each body part lets you do: My brain helps me ___.
My eyes let me see ___.
My nose lets me smell ___.
My mouth lets me taste ___.
My arms let me ___. My hands let me ___.
My legs let me ___. My feet take me ___.

DAY 8

MOVE IT

Go for a run, lift, dance, shoot hoops, or play a sport. While you move, skip the self-criticism and notice all the amazing things your body is doing.

DAY 9

TEXT YOUR PEOPLE

Text a parent or grandparent three specific reasons you're thankful for them. "You always come to my games" means more than "You're the best."

DAY 10

FLIP THE COMPLAINT

For one whole day, every time someone complains, they have to flip it into something they're grateful for. "I have so much homework" becomes "I'm grateful I get to learn." Keep score if your family likes a little competition.

DAY 11

THANKS ONLY PRAYER

Say a prayer or do a meditation made up only of gratitude. No complaints and no requests, just thank yous.

DAY 12

THANK A TEACHER

Email a teacher, coach, or administrator who has made a difference for you or someone in your family. Tell them exactly what they did and why it mattered.

DAY 13

CLOSET CLEAN-OUT

Go through your closet or drawers and be thankful for all you have. Donate what you no longer need to someone who will love it.

DAY 14

THANK THE UNSEEN

Think of people who make your life better but rarely get thanked, like the mail carrier, school custodian, bus driver, lunch staff, or crossing guard. Leave a note, a treat, or just say a sincere "thank you so much for what you do."

DAY 15

BACK IN MY DAY

Call or visit a grandparent, older relative, or neighbor and ask what life was like when they were your age. What did they do for fun? What didn't they have? What was harder? What was easier? Afterward, share your gratitude for something you have today that you used to take for granted.

DAY 16

GRATEFUL FOR THE HARD STUFF

Each person shares one hard thing that ended up teaching them something, making them stronger, or bringing something good into their life.

DAY 17

HEART ATTACK

Think of someone in your neighborhood or congregation who makes life better for others. Cut out paper hearts, write what makes them great on each one, and stick them to their front door as a surprise.

DAY 18

HOMETOWN HEROES

Write a thank-you note to a police officer, firefighter, service member, or veteran, and tell them what their service means to you. Deliver it with a treat if you can.

DAY 19

A TRUTH I'M GRATEFUL FOR

Share one truth you're so grateful to know. It could be a belief, a life lesson, or something someone taught you that changed the way you see things.

DAY 20

GRATITUDE CIRCLE

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