



The Genuine Gratitude Challenge

Instructions:

1. Print out this template and cut on the dotted lines. You can print more than one page if you plan to continue this challenge for a longer period of time.
2. Once per day, fill out one of the gratitude strips by answering the 2 prompts: What are you genuinely grateful for today? How did you practice expressing your gratitude?
3. Put the strip into a jar, shoe box, or whatever you have laying around.
4. After a period of time that works for you (a week, a month, a quarter, a year) review the strips of paper and celebrate your genuine, daily gratitude!

With love,

Trish

ps. Visit trishkendall.com/contact to connect and for more information about booking me as your next keynote speaker.

TrishKendall.com

What are you genuinely grateful for today?

How did you practice expressing your gratitude?

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