



American Heart Association

Healthy for Good™

# +21 DAYS OF GRATITUDE+

Looking for a way to jump-start some healthy habits? Build up your baseline of positivity with #21DaysOfGratitude! Participating in this challenge can set you up for success, so you can be Healthy for Good. Follow along and share your progress on social!

**Day 1:** Write down 1 thing you're really good at.

**Day 2:** Find 3 positive ways to describe yourself, write them down and put them somewhere you will see them.

**Day 3:** Take a photo of something you find beautiful (bonus points for posting it to social media!).

**Day 4:** If something frustrates you today, take a moment to reframe and find something that IS going your way.

**Day 5:** Take 2 minutes to list the awesome things your body can do, and remember them when you're feeling down.

**Day 6:** Rename your alarm to a nice message, like "The universe has your back," to help you start the day in a positive frame of mind.

**Day 7:** Think of something about your body that you consider less than perfect. Then, write a little note of appreciation about it.

**Day 8:** Look for someone to help today without expecting anything in return.

**Day 9:** Reach out to someone who could use some extra appreciation.

**Day 10:** Think of someone who makes your day better and invite them to lunch.

**Day 11:** Write a note of appreciation to someone you really care about.

**Day 12:** Offer a hug to someone you're grateful for. Make it a genuine two-armed!

**Day 13:** Text someone and tell them why you're grateful for them.

**Day 14:** Schedule some time to volunteer in your community. Don't know where to start? Look for opportunities at [heart.org/volunteer](https://heart.org/volunteer)

**Day 15:** Write down what you've eaten today and be grateful for every item without judging any of it as "good" or "bad."

**Day 16:** Next time life doesn't go your way, try to think of something about the situation that you can be grateful for.

**Day 17:** Take a moment to invite someone you're thankful for to dinner.

**Day 18:** Pause before your next meal to sit in gratitude. Notice how yummy it looks and smells, and feel grateful to the person who prepared it (especially if it was you!).

**Day 19:** Think of someone whose cooking warms your soul and tell them about how much their nourishment has meant to you.

**Day 20:** During your next meal, try to put your fork down between each bite and really enjoy the flavors, rather than wolfing it down.

**Day 21:** Take 2 minutes to reflect and write about how you feel after having participated in this challenge. Then, keep the 'tude going all year long!

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[HEART.ORG/HEALTHYFORGOOD](https://heart.org/healthyforgood)