



MY 30-DAY APPRECIATION CHALLENGE ACTIVITY SHEET:

My Name Is:

My Appreciation Mentor Is:

(Choose someone to talk to about
what you appreciate each day)

The Challenge: Take just 5 minutes
every morning and draw or write down
ONE thing that you APPRECIATE in your
life today. Do this for 30 days.

Appreciation Challenge Activity Sheet:

<h1>Day One</h1>	<p>Think about one thing that you appreciate today and draw this below (or stick a photograph or write it down)</p>	
		

	<p>Think about one thing that you appreciate today and draw this below (or stick a photograph or write it down)</p>	<h1>Day Two</h1>

Day Three

Think about one thing that you appreciate today and draw this below (or stick a photograph or write it down)



Think about one thing that you appreciate today and draw this below (or stick a photograph or write it down)

Day Four



Day Five

Think about one thing that you appreciate today and draw this below (or stick a photograph or write it down)



Think about one thing that you appreciate today and draw this below (or stick a photograph or write it down)

Day Six

Day Seven

Think about one thing that you appreciate today and draw this below (or stick a photograph or write it down)



Think about one thing that you appreciate today and draw this below (or stick a photograph or write it down)

Day Eight

Day Nine

Think about one thing that you appreciate today and draw this below (or stick a photograph or write it down)



Think about one thing that you appreciate today and draw this below (or stick a photograph or write it down)

Day Ten



Day Eleven

Think about one thing that you appreciate today and draw this below (or stick a photograph or write it down)



Think about one thing that you appreciate today and draw this below (or stick a photograph or write it down)

Day Twelve



Day Thirteen

Think about one
thing that you
appreciate today
and draw this
below (or stick a
photograph or
write it down)



Think about one
thing that you
appreciate today
and draw this
below (or stick a
photograph or
write it down)

Day Fourteen



Day Fifteen

Think about one thing that you appreciate today and draw this below (or stick a photograph or write it down)



Think about one thing that you appreciate today and draw this below (or stick a photograph or write it down)

Day Sixteen

Day Seventeen

Think about one thing that you appreciate today and draw this below (or stick a photograph or write it down)



Think about one thing that you appreciate today and draw this below (or stick a photograph or write it down)

Day Eighteen



Day Nineteen

Think about one thing that you appreciate today and draw this below (or stick a photograph or write it down)



Think about one thing that you appreciate today and draw this below (or stick a photograph or write it down)

Day Twenty

Day Twenty- Three

Think about one thing that you appreciate today and draw this below (or stick a photograph or write it down)



Think about one thing that you appreciate today and draw this below (or stick a photograph or write it down)

Day Twenty- Four



Day Twenty-Five

Think about one thing that you appreciate today and draw this below (or stick a photograph or write it down)



Blank space for drawing or writing.



Think about one thing that you appreciate today and draw this below (or stick a photograph or write it down)

Day Twenty-Six



Blank space for drawing or writing.

Day Twenty- Seven

Think about one
thing that you
appreciate today
and draw this
below (or stick a
photograph or
write it down)



Blank space for drawing or writing.



Think about one
thing that you
appreciate today
and draw this
below (or stick a
photograph or
write it down)

Day Twenty- Eight



Blank space for drawing or writing.

<h1>Day Twenty- Nine</h1>	<p>Think about one thing that you appreciate today and draw this below (or stick a photograph or write it down)</p>	
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	<p>Think about one thing that you appreciate today and draw this below (or stick a photograph or write it down)</p>	<h1>Day Thirty</h1>
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Reflection

The purpose of this activity is to demonstrate the importance of taking even just 5 minutes out of every day to appreciate the good things in our lives. Either at the end of the 30-Day Appreciation Challenge, or alternatively during the challenge, take a moment to reflect on the following questions and write down your responses:

Reflection Question	Your Response
1. What have you learnt about yourself doing this appreciation challenge?	
2. What was the impact of this activity on your energy levels?	
3. What do you know now more than ever what is most precious to you?	
4. What will you do differently from this day forward?	

If this 30-Day Appreciation Challenge has had an impact on you, then please share this with those people in your lives who you think would benefit from this activity.

If you have a story to share or would like to tell us how this activity has had a positive impact then please email me at greg@tlcsolutions.com.au. We would love to hear your success story.

If you would like to talk about what you could do to enhance your mental-well-being and resilience even further then please contact us on the contact details below.

Happy Days

The TLC Team