



THE TLC 30-DAY APPRECIATION CHALLENGE:

Taking a moment to APPRECIATE the ONE thing in our life today not only changes our immediate emotional and cognitive state, but primes our RAS to notice the good things for the rest of the day.

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

At the end of 30 days and throughout the challenge, take note of how you feel every day. Take note of what changes over the period of 30 days. Share with your friends and family what you have noticed and ask them if they have noticed any changes.

A Habit of Appreciation Cultivates Well-being

Appreciation Challenge Activity Sheet:

In the sheet below record the ONE thing that you APPRECIATE most each day. When you do this also consider your energy levels in the moment, and record your energy level on a scale of 0 to 10, where 0 is no energy at all, and 10 is off the chart energetic.

| Day | The ONE thing that I APPRECIATE most today is: | Energy Level |
|-----|--|--------------|
| 1 | | |
| 2 | | |
| 3 | | |
| 4 | | |
| 5 | | |
| 6 | | |
| 7 | | |
| 8 | | |
| 9 | | |
| 10 | | |
| 11 | | |
| 12 | | |
| 13 | | |
| 14 | | |
| 15 | | |
| 16 | | |
| 17 | | |
| 18 | | |
| 19 | | |

| Day | The ONE thing that I APPRECIATE most today is: | Energy Level |
|-----|--|--------------|
| 20 | | |
| 21 | | |
| 22 | | |
| 23 | | |
| 24 | | |
| 25 | | |
| 26 | | |
| 27 | | |
| 28 | | |
| 29 | | |
| 30 | | |

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