

21

Days of Gratitude Challenge

By Neha Lahori



Gratitude is one of the ways of being present to our blessings. In the darkest of the hours, gratitude shines bright. Expressing gratitude to all the things that have unfolded in our favour enables us to shift our focus from lack to abundance.



Gratitude Challenge

Habit of expressing gratitude comes with regular practice. We need to develop a muscle for it. Let's begin our journey by taking a 21 day 'Gratitude' challenge.

- Read the exercises below,
- Maintain a journal
- Daily pen down the experiences.
- Relive the experience and feel it
- Stay in that vibration at least for 10 mins



Day 1

Express your gratitude to all those who celebrated your special moments . May it be your birthday or anniversary, they made it special. Remember all the special celebrations, surprises and loving gestures.



Day 2

Express gratitude to all those who had trust in you.
The ones who believed in you and your potential. The
ones who played a vital role in supporting you or
executing your ideas



Day 3

Express your gratitude to all the challenges you faced (on personal and professional front). These challenges have chiseled you into a stronger and a better person. Had not it been for the challenge you wouldn't have been this strong.



Day 4

Express your gratitude to the timely protection you received from the divine forces. The divine force (god or higher power) protected you and your family from all the adversities such as (sickness, accidents, setbacks & disharmony).



Day 5

Express gratitude to your work. All the business, assignments, projects, contracts that you worked upon so far. Hectic schedules, stringent timelines, countless meetings, stretched goals, everything has contributed to your growth. It has shaped you into an efficient professional.



Day 6

Express gratitude to your inner circle (family members or close friends). The ones who have your back and hold the purest intention of your wellbeing & happiness. These relations are no less than jewels.



Day 7

Express gratitude to your house help. The staff who serves you daily (your maid who cleans your house, your cook, your driver, your gardener, your dog walker). These people are a true contribution to your life, for adding ease and comfort.



Day 8

Think of all individuals who hurt you last year. They could have betrayed you, spoken ill of you, or overstepped their boundaries. Express gratitude to these individuals as they gave you the opportunity to reflect and relook at your life. They helped you uncover underlying patterns in your life which requires healing.



Day 9

Thank mother nature for bestowing you with a wealth of resources. Mother Nature has blessed you with minerals, forests, oceans, mountains and many other resources. All of these resources serve as a constant reminder of "Abundant Living." Let's express our gratitude for this unlimited supply of abundance.



Day 10

Express gratitude to all your holidays. Recollect all the pleasant memories of that holiday. Dive deep into the details. Think of all the luxurious indulgences, accommodation, food, shopping excursion cycle tours, adventurous activities & conversations. Visualise yourself reliving that holiday. Feel it



Day 11

Express gratitude to your house. A space that you created with love. It has witnessed you grow. It has been with you in the highs and lows of your life. It is a storehouse of memories. Your home comforts you with cozy furniture, a spacious balcony, and all other amenities, making your life comfortable.



Day 12

Express gratitude to all those who have forgiven you.

The ones who focused beyond your mistakes and extended their support. They chose to embrace you with compassion and love rather than their anger, hurt, pain, and judgments. It was they who set a wonderful example of kindness and compassion.



Day 13

Express gratitude to all your mentors. Your seniors, teachers, counsellors, who coached you, extended their guidance and support. With their timely intervention, you were able to hone your skills. They played a vital role in your growth and success. Express your deepest gratitude & appreciation to them.



Day 14

Express gratitude to your body. As it is your body that has executed your ideas and accomplished all your goals, Despite exhaustion, stress, your body has worked alongside you. It has given you signals and guided you in various ways. Express your gratitude for the seamless functioning of your body.



Day 15

Thank the farmers who endure harsh weather conditions to bring us fresh produce from farms. Because of the hard work and dedication of these farmers, we are able to nourish ourselves with ease. These farmers are silent contributors to our lives. Let's express gratitude and bless them.



Day 16

Express gratitude to all the strangers who were kind to you last year. Their altruistic gestures added comfort to your life. It could be as simple as guiding you with directions, offering you a place to sit, getting the door for you, or welcoming you with a smile. These acts of kindness make the world a better place to live. There were no hidden agendas behind these gestures, but pure kindness and compassion demonstrated on humanitarian grounds.



Day 17

Today, look around and observe your own city or town. Look past the traffic jams, pollution, and corruption. Focus on the infrastructure, law and order, and spirit of your city. Be grateful to all those elements. Be grateful for all the memories you have of this city. Express gratitude to your city and everything it has offered you so far. Make a list of all the things you admire about your city.



Day 18

Express gratitude to your wealth. A heartfelt gratitude to your assets, investments, sources of income, jewellery, inheritance. You are able to enjoy a comfortable lifestyle because of the wealth you have. Most often our focus shifts to lack, to loans, EMI and we worry about it. Wealth thrives in the energy of gratitude. Gratitude helps us to focus on infinite possibilities, constantly shifts our focus from lack to abundance.



Day 19

Think of a moment when you felt jealous or envious of someone. Be grateful to those individuals of whom you were jealous. It was the universe's way of showing you what you truly desired. Those individuals were just the medium. Therefore, express your gratitude towards them.



Day 20

Express gratitude for all the ease and comforts you enjoy due to technology. Look at your gadgets (cellphone, iPad, laptop, smart watch, etc.). These gadgets are a true blessing. The usage of these gadgets is in your control. Instead of focusing on its addiction, focus on its invention. Express gratitude to the innovators who invented these gadgets and to the future innovations coming your way.



Day 21

Time and again, you have been guided by your inner voice. Some call it "gut feeling" or "intuition." Your inner voice has always been honest with you. It has made you aware of your mistakes and warned you against dangers. This year recollect all the nudges provided by your inner voice. Express your deepest gratitude to your inner voice



Congratulations You have
successfully completed 21 Days
Gratitude Challenge

By Neha Lahori

