

30 DAYS OF GRATITUDE

How it works: Participate in Septembers's gratitude challenge and you will get entered into a raffle to win some amazing prizes.

When: Our second set of winners will be chosen in December. (P.S. there will be multiple winners) but make sure to pay close attention because there may be random winners throughout the year.

**Double your odds by sharing what you are doing on social media and tagging @brightonhospice.

Day 1

Write down 3 things you are grateful for

Day 2

Compliment someone you love

Day 3

Call a parent and ask them about their day

Day 4

Appreciate the outdoors and nature

Day 5

Write down 5 things you love about yourself

Day 6

Replace every complaint with a blessing

Day 7

Bake a treat for a friend

Day 8

Spend 30 minutes alone

Day 9

Treat yourself to coffee or tea

Day 10

Thank your mom

Day 11

Write down 3 things you like about your job

Day 12

Call a friend to catch up with them

Day 13

Do a chore for a partner or loved one

Day 14

Thank your dad

Day 15

Compliment a stranger

Day 16

Think about 3 things the future may bring

Day 17

Start a gratitude journal

Day 18

Watch the sunset and appreciate the colors

Day 19

Read a book and enjoy the quiet time

Day 20

Go for a walk outside

Day 21

Treat yourself to your favorite dessert

Day 22

Look at old pictures

Day 23

Spend the day social media free

Day 24

Tell someone you love them

Day 25

Have an at home spa day

Day 26

Take a power nap

Day 27

Listen to a song you love

Day 28

Do something you are passionate about

Day 29

Give a compliment to someone

Day 30

Watch a movie or tv show you love