

Each day in February, commit to your own gratitude practice.

28 Day GRATITUDE CHALLENGE



Write 3 things you are grateful for in a daily gratitude journal



Download an app to help you track what you are grateful for



Write a note of gratitude to a colleague, friend or family member



Listen to a guided gratitude meditation

IDEAS FOR INSPIRATION

“ Gratitude is a powerful catalyst for happiness. It’s the spark that lights a fire of joy in your soul. ”
– Amy Collette

Explore the GREAT at U of G website for more ideas:
uoguelph.ca/hr/appreciation-recognition-home



HUMAN RESOURCES



uoguelph.ca/wellnessatwork