

DAY 4: THANKFUL THURSDAY

Gratitude is important for your overall well-being. Especially now, it's really important to remind yourself of the good. It's also good to remind others that they are important to you. Being focused on thanking yourself and others for the good they do is even more important during a trying time.

THURSDAY'S WORKR BEEING CHALLENGE!

NEW BEE:

Take 5 minutes to jot down 3 things that you think are "silver linings" to this situation. While there are so many negative things to focus on, what effects of this new reality can you be grateful for? Put them on a post-it note in a place that you will frequently see each day.

HONEY BEE:

Who are the people at work, or outside of work, that are most likely to be overlooked by others during this time? Take 10 minutes to write down some names and then one thing you appreciate about each person. Send each of them a quick note of gratitude!

BOSS BEE:

Set aside 15 minutes to write a longer email to someone who you think might really be struggling at this time. Tell them why they matter to you and why you are grateful for them. Give specific details about what you think makes them special or unique. It will feel great for them and for you!

THURSDAY'S REMIX CHALLENGE!

SOLO WARRIOR:

Take some time for yourself and thank yourself, your health and your strength. Practice some barre movements that focus on muscular endurance training and celebrate what your body and mind can do. [Remixed Barre Video](#)

COUPLE GOALS:

Practice gratitude with your spouse by going over your schedules together and making sure each other has some time to exercise or plan to workout together. Take the time to thank your spouse for allowing you to have that time for you.

FAMILY GOALS:

Show your gratitude for your family by allowing each family member to plan their favorite active activity to do together. Your son is into basketball? Show him you are thankful for him, by making time for a special basketball game together. Are your children younger? Plan a scavenger hunt around the house for them. [Scavenger Hunt Worksheet](#)



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THURSDAY'S JOURNAL: *Did you find it difficult or easy to find things to be grateful for at this time? How did focusing on what you were thankful for impact the rest of your day?*

