**FUMCT November Wellness Event –**

 **A Gratitude Challenge:**

1. **Start a gratitude journal. (use the notes app on your phone or a small notebook that you can carry with you)**
2. **Take a few minutes each day to record your blessings and thanksgivings. Set a personal goal for a total number to list – 100, 200, 500, 1000? Be specific and look for the good in all areas of your life.**
3. **Write Bible verses about being thankful on cards and tape them to mirrors, dashboards, doors, desks, etc.**
4. **Pray about the struggles and hurts that you have experienced. Did those negative events lead to any positive changes or valuable life lessons? If so, thank God for how He used those circumstances for His good purposes.**
5. **Thank the people who have encouraged you – family, friends, and even acquaintances. Thank them at the time or call, text, or send them a personal note later.**
6. **Focus on thanksgiving during your prayer time – particularly for things that you often take for granted.**
7. **Pick up a gratitude journaling sheet from the shelf outside the CAC office.**