



WEEK ONE

Gratitude focus: PEOPLE

Each day, give thanks for someone who has impacted your life (past or present!) Pray for them throughout the day.

Giving Focus: Mail a card to that person that 'it's been too long'

WEEK TWO

Gratitude focus: THE EVERYDAY LITTLE'S

Pause to give thanks for those small daily gifts– *cup of tea, sunset, green lights on the way to work, kisses, crunchy fall leaves, a good book...*

Giving Focus: Bring baked goodies to a neighbor

WEEK THREE

Gratitude focus: THE CHALLENGES

Ask God to show you ways to find joy in the midst of a hard season, small inconveniences, a broken relationship, or tough situation.

Giving Focus: Donate clothes to a homeless shelter

WEEK FOUR

Gratitude focus: "STUFF"

Every time you think about something that you "want", stop and give thanks for something that you already have.

Giving Focus: Buy a toy for a local toy drive.