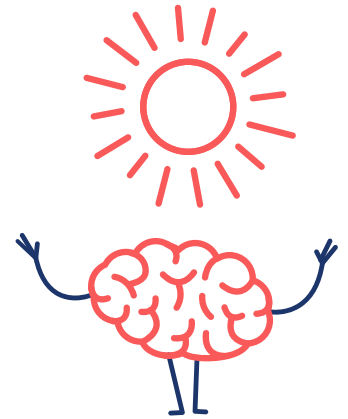


# RISE TO THE CHALLENGE

## 30 DAY Gratitude Challenge.

Each day stop and express gratitude.

Gratitude effectively increases happiness and reduces stress and depression symptoms. Spend just 5 minutes jotting down a few grateful sentiments before bed and you may sleep better and live longer. If you don't want to keep a journal, say thank you to someone in person.



 1	 2	 3	 4	 5	 6	 7
 8	 9	 10	 11	 12	 13	 14
 15	 16	 17	 18	 19	 20	 21
 22	 23	 24	 25	 26	 27	 28
 29	 30	<b>WELL DONE.</b> Challenge completed.				

