

18 January 2021

The weekly challenge and actions have been designed to push you out of your comfort zone and make you look at different perspectives. What we focus on becomes a representation of our experiences so if we do things differently, improvements in all aspects of our life will start to happen. Please ask if you have any questions but more importantly, enjoy!

What are you grateful for?

When we feel a bit low, it's easy to forget what or who we do have in our lives, as well as how far we have actually travelled and what we have achieved. Of course, a lot of us should be grateful we have food, warmth or a roof over our heads and quite often we know that but we want more anyway... So this week's challenge is going to be a bit different. I'd like you to take a picture each day of something or someone you are grateful for and explain below why/ how this thing or person makes you feel. If you feel really brave, please share in the group (I will so it will be great if it was more than just me!)



Monday - Why did I choose to take this photo? What feelings do I get from this thing/ person? Why am I grateful to have this in my life?

Tuesday - Why did I choose to take this photo? What feelings do I get from this thing/ person? Why am I grateful to have this in my life?

Wednesday - Why did I choose to take this photo? What feelings do I get from this thing/person? Why am I grateful to have this in my life?



Thursday - Why did I choose to take this photo? What feelings do I get from this thing/person? Why am I grateful to have this in my life?



Friday - Why did I choose to take this photo? What feelings do I get from this thing/person? Why am I grateful to have this in my life?



Saturday - Why did I choose to take this photo? What feelings do I get from this thing/person? Why am I grateful to have this in my life?



Sunday - Why did I choose to take this photo? What feelings do I get from this thing/person? Why am I grateful to have this in my life?

