

Gratitude

GLOW UP CHALLENGE

JOIN US FOR A 30 DAY CHALLENGE TO
LIGHT UP YOUR LIFE BY FOCUSING ON
GRATITUDE



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Challenges are always fun, but prizes add in a little motivation!

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daily reminder

Print this quote out as a daily reminder of why you're doing this challenge!

hey bestie!

Welcome to the Gratitude Glow-Up Challenge! I'm so excited you're here and ready to embark on this 30-day journey with us. Over the next month, we'll be diving deep into the power of gratitude - one of the simplest, yet most transformative, practices you can bring into your life.

So, what is our Bestie "Gratitude Glow-Up"? It's all about lighting up your heart and life by focusing on the good. Through daily gratitude reflections, fun activities, and small acts of kindness, we'll discover how shifting our mindset to gratitude can help us feel more connected, joyful, and at peace, even in the midst of life's challenges. This is your opportunity to fill your days with positivity and spread that glow to those around you!

Here's what you can expect from this challenge:

- **Daily Gratitude Prompts:** Simple, thoughtful prompts to inspire you to reflect on the blessings in your life, both big and small.
- **Acts of Kindness:** Fun ideas for sharing your gratitude with others, brightening their days, and creating meaningful connections.
- **Weekly Themes:** Each week we'll explore different aspects of gratitude—from appreciating yourself to expressing thanks to those who make an impact in your life.
- **Community Support:** You'll have the chance to share your experiences, celebrate your growth, and encourage each other in our private community. We're in this together!
- **A Beautiful Transformation:** By the end of the 30 days, you'll have a heart overflowing with gratitude, a positive mindset, and a glowing spirit that can't help but shine.

Remember, this challenge isn't about perfection - it's about progress and making small changes that create big impacts in how we view the world and interact with those around us. Whether you're just beginning your gratitude journey or looking to deepen your practice, I know you'll come away with a new perspective and a brighter outlook on your life and I am excited to do it with you!!

Let's start this gratitude glow-up and let our light shine!

love you!!!

xoxo Dani

Founder, Today's The Best Day

NOVEMBER

Join us for a **30 Day Challenge** to light up your life by focusing on gratitude!

Week 1: Gratitude for the Present Moment

- Day 1: Write down three things you're grateful for today, no matter how big or small.
- Day 2: Take five minutes to savor something in the present moment (a meal, a quiet moment, etc.).
- Day 3: Send a text or message to someone you're grateful for, letting them know why they matter to you.
- Day 4: Reflect on a challenging situation you're grateful for because of the growth it brought.
- Day 5: Spend a few moments outside and appreciate its beauty. Write down what you're grateful for about your surroundings.
- Day 6: Say 'thank you' out loud today, every time you feel grateful—even for the little things like a green light or a helping hand.
- Day 7: Share something that made you smile today with the group or a friend.

Week 2: Gratitude for the People Around You

- Day 8: Write a gratitude letter to someone who has made a difference in your life. (You don't have to send it unless you want to.)
- Day 9: Compliment someone genuinely today—acknowledge something you truly appreciate about them.
- Day 10: Think of a mentor, friend, or family member who has guided you in your life. Write down the lessons they've taught you and express your thanks.
- Day 11: Make time for a conversation with someone important to you today. Focus on being present and grateful for the connection.
- Day 12: Buy or make a small treat or gift for someone as a token of your appreciation.
- Day 13: Reflect on how the people in your life have helped shape who you are. What qualities do you appreciate most in them?
- Day 14: Share a memory you're grateful for with a loved one. Relive that special moment together.

Week 3: Gratitude for Yourself

- Day 15: Write down three things you love about yourself. Celebrate your strengths!
- Day 16: Take some time to do something you enjoy. Give yourself permission to relax and have fun.
- Day 17: Write a letter of forgiveness to yourself for a mistake or shortcoming. Let go of any lingering guilt or shame.
- Day 18: Reflect on a recent accomplishment. How did you achieve it, and what about your effort are you grateful for?
- Day 19: Treat yourself to something special today—a nice walk, a favorite snack, or a relaxing bath.
- Day 20: Practice self-compassion today by speaking kindly to yourself, especially when things go wrong.
- Day 21: Share one thing you're proud of with the group or a friend.

Week 4: Gratitude in Action

- Day 22: Perform a random act of kindness for someone today. Whether big or small, do it with a grateful heart.
- Day 23: Volunteer your time, help a neighbor, or find a way to give back to someone in your home today.
- Day 24: Reflect on how showing gratitude has impacted your relationships. How has expressing thanks brought you closer to others?
- Share it with the group.
- Day 25: Write a thank-you note, text or email to someone in your community who often goes unnoticed - like a mail carrier, teacher, or a quiet neighbor.
- Day 26: Take a few moments to reflect on how far you've come this month. What positive changes have you noticed in yourself?
- Day 27: Spend some time today sharing your gratitude with a family member, partner, or friend by doing something thoughtful for them.
- Day 28: Consider how you can continue practicing gratitude moving forward. What habits or practices will you carry with you?

Bonus: Forgiveness Focus (Days 29-30)

- Day 29: Think about someone in your life you need to forgive. Write down what you're holding onto and why you're ready to let it go.
- Day 30: Reflect on how forgiveness has brought you peace in the past or how it could bring peace now. Write a journal entry today about how both gratitude and forgiveness can shape your future.





GRAND PRIZE

Participate in the

Gratitude

**GLOW UP
CHALLENGE**

for a chance to win! Winner will receive

\$200 CASH

to spend this holiday season!



REMEMBER, BEING

HAPPY

DOESN'T MEAN YOU HAVE IT ALL.

IT SIMPLY MEANS YOU'RE

GRATEFUL

FOR ALL YOU HAVE.

