

Gratitude Challenge

2025

One month challenge that will enter you into a raffle to win a prize!

2025 Gratitude Challenge

TriHealth is inviting Xavier Faculty and Staff to take part in the Gratitude Challenge. This challenge will last a month starting **Monday, November 24th– Sunday, December 21.**

Follow the prompts on the correct calendar day. After completing the prompt, on a journal page record the prompt date and record what was asked of you to do for that corresponding day. Some prompts are actions, some might be more geared towards emotions. However, for each prompt write down what you did (if action was required) and how it made you feel- an example is provided below.

You will need to complete at least 4 days each week to complete this challenge. Please submit the calendar below with the days that you completed checked off to Xavierwellbeing@trihealth.com by **December 31** to be entered into the raffle. You **do not** need to submit your journal entries, only the calendar below.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Nov 24	25	26	27	28	29
	What are your personal goals for the month?	Who has had the greatest positive impact on your life?	What does gratitude mean to you?	What would you do if you won the lottery?	Take a walk with a family member or friend.	What are 5 things that make you happy?
30	Dec 1	2	3	4	5	6
Do you believe people can change?	What do you like about social media? What do you hate about social media?	What is a moment you felt proud of yourself?	What are some attributes you would change about yourself?	How do you cope with stress?	Pay for the person behind you in a checkout line.	How would you describe your present attitude?
7	8	9	10	11	12	13
What have you enjoyed about this challenge so far?	Thank a co-worker for something they did for you recently.	What is your favorite past Halloween memory?	Is there someone you need to apologize to and why?	Give a thank you note to someone who doesn't expect it.	What was a good thing that happened to you this week?	Hold the door for someone or carry something for someone.
14	15	16	17	18	19	20
What are your personal goals for the upcoming year?	Give flowers to someone you appreciate.	What do you wish you could tell your younger self?	Take a break from social media today.	Who is your favorite person? Let them know today!	Bring someone a coffee or schedule a coffee date.	Do you have any regrets?
21	22	23	24	25	26	
Write about a song that you can't help but sing along to.						

DATE:

ENTRY:

November 24,
2025

Example: Day 11

The best ways to cope with stress for me are exercising and using my drive home from work to reflect on my day so when I get home I have changed my mindset.