



# GROW IN GRATITUDE

7 DAY CHALLENGE

NAME:





## How does it work?

Engaging in gratitude practice is an everyday practice which improves your well-being. In this Grow in Gratitude Challenge, we'll be building our gratitude skills over 7 days.

**Step 1:** Print out this booklet for each child & parent doing the challenge.

**Step 2:** Write down your gratitude each day & there is space to draw or doodle & mindful colouring on each page too.

**Step 3:** Make time to connect each day as parent & child to share your gratitude with each other; for example, each night before bed.

Grow together in gratitude!

Share your gratitude and how your connection together is getting closer with the [#growinggratitudechallenge](#) and tag [@shininglittlesouls](#)

**Day 1: Today, I am grateful for...**

*(It could be small moments, achievements or gestures that brought you joy or positivity)*

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**2.**

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**3.**

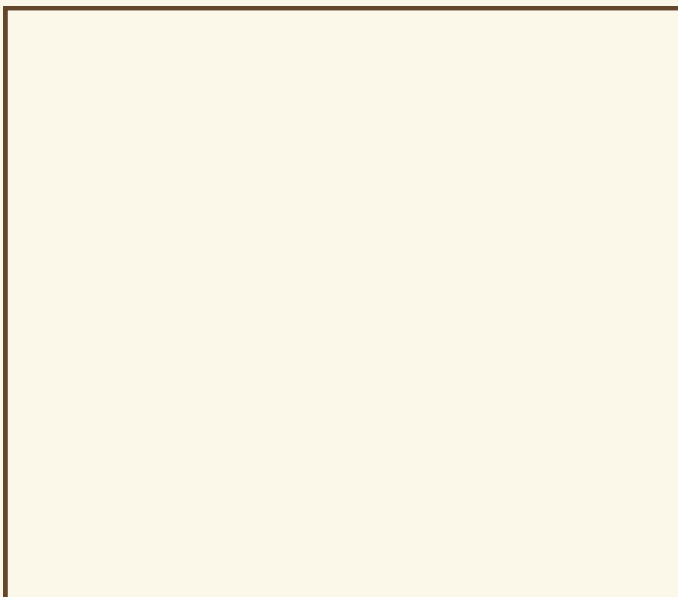
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**Day 2: What are you grateful for from this past week?**

*(This allows for a broader perspective, encouraging you to notice and appreciate events or experiences over a longer timeframe)*

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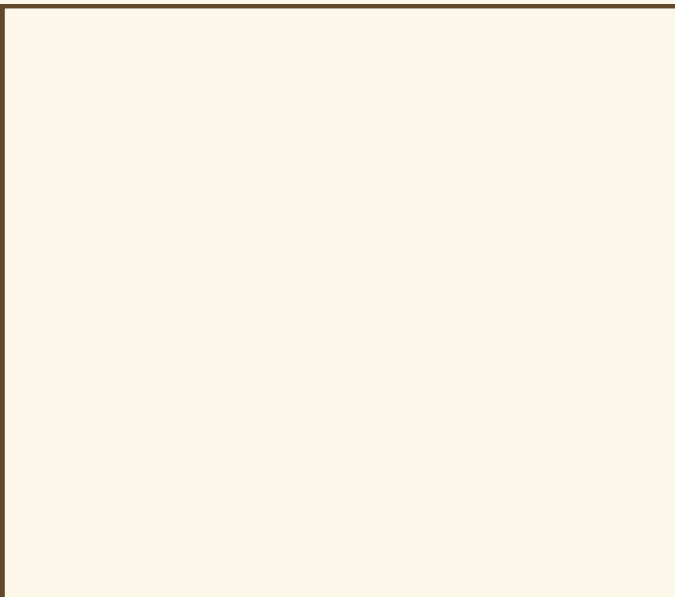
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**Day 3: What are 3 small things you are grateful for...**

*(These could be everyday occurrences that often go unnoticed, such as a beautiful sunrise, a warm cup of drink, or a friendly smile.)*

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**2.**

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**3.**

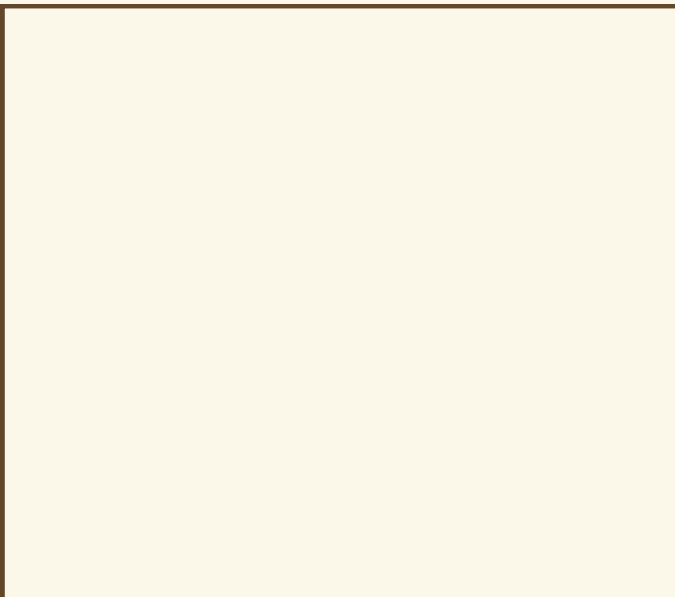
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**Day 4: What are 3 things you are grateful for about each other?**

*(This encourages you to acknowledge and appreciate the specific qualities or actions that strengthen your bond)*

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**2.**

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**3.**

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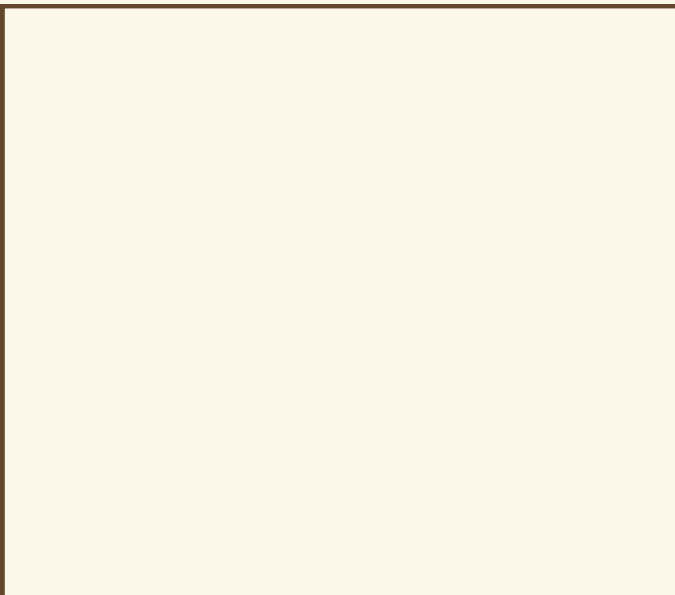
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**Day 5: What are 3 things you are grateful for about yourself?**

*(This promotes self reflection and self love, recognising personal strengths and positive attributes)*

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**3.**

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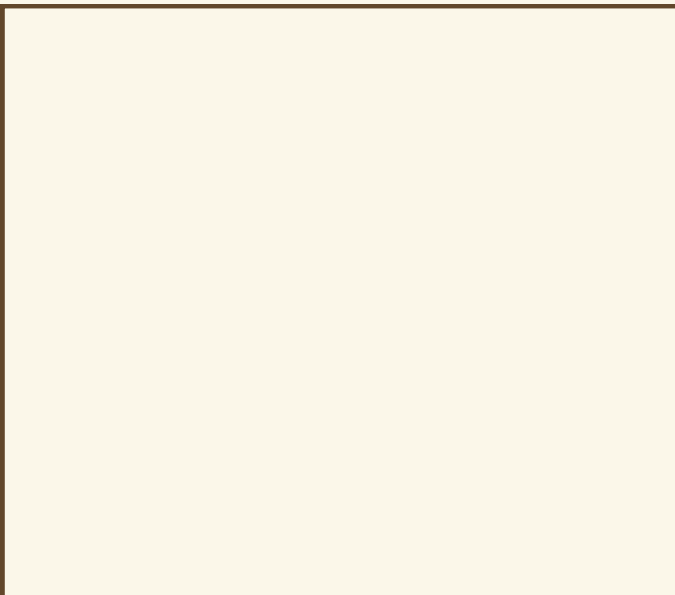
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**Day 6: What are 3 things you are grateful for from last year?**

*(This provides opportunity to recognise and celebrate the positive aspects of the past year, fostering a sense of gratitude for the journey)*

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**3.**

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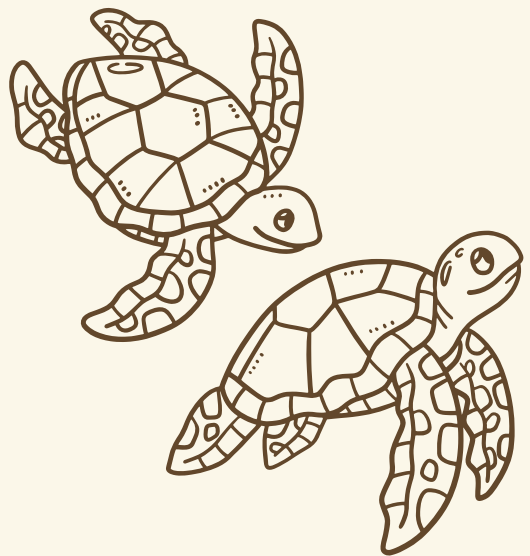
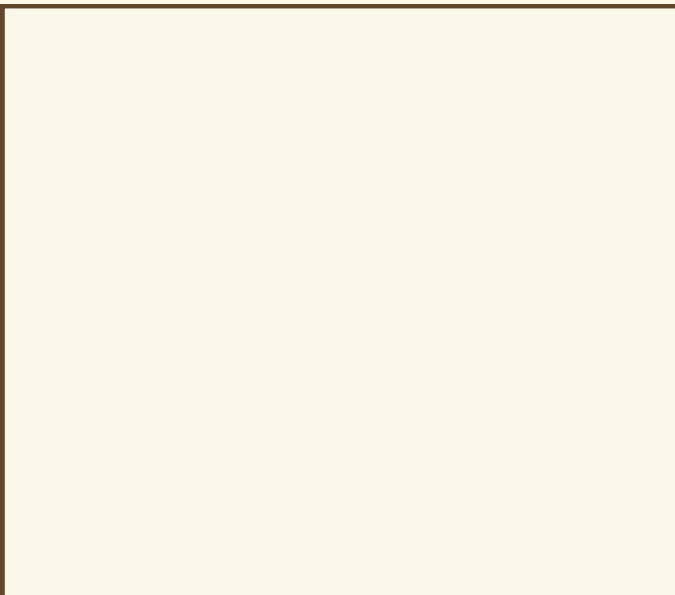
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**Day 7: What are 3 things you are grateful for today?**

*(It could be small moments, achievements or gestures that brought you joy or positivity)*

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**2.**

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**3.**

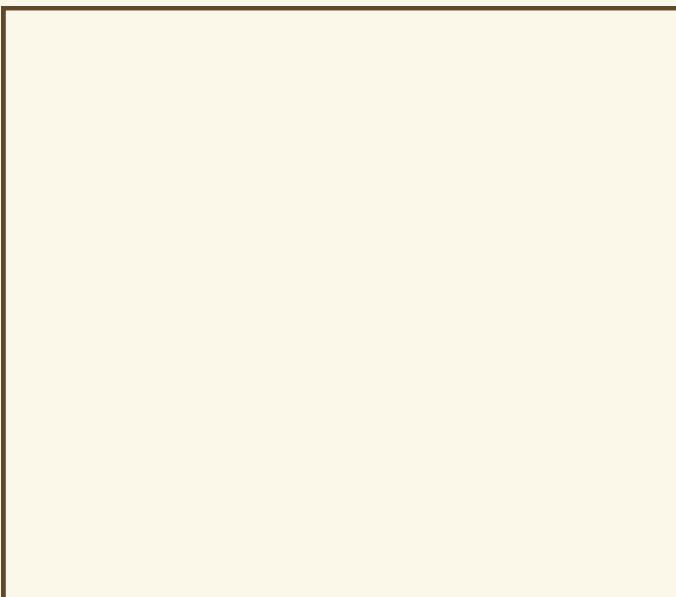
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# REFLECTION

Take some time to reflect on the overall experience at the end of the challenge. Consider the following questions:

## 01 Gratitude Practice Improvement

- Do you feel that your gratitude practice has improved over the course of the challenge?
- Have you become more aware of the positive aspects of your life?

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## 02 Emotional Impact

- How has the gratitude practice made you feel? Have you experienced increased positivity or a shift in mindset?
- Have you noticed any changes in your overall mood or outlook?

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## 03 Connection with Each Other

- Do you feel more connected to each other after participating in the challenge?
- Have the shared moments of gratitude strengthened your bond as a family?

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## SHINING LITTLE SOULS

Emma helps others practice a growth mindset, build resilience, and use well-being tools to ground and be present.

She holds a Master's degree in Education (Gifted & Talented), a Diploma in Positive Well-Being, and is a mother to four beautiful little souls.

Emma started Shining Little Souls, as a way to combine her teaching background with her passion for well-being.

Her aim is to support children and parents alike in practicing mindful moments, sharing gratitude, and building growth mindsets



### GET IN TOUCH



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