



28 - Day Relationship

GRATITUDE

JOURNAL CHALLENGE

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28 DAYS OF RELATIONSHIP GRATITUDE: *STRENGTHENING BONDS*

Purpose:

This challenge is designed to cultivate gratitude in a fun and engaging way across various types of relationships. Whether it's family, friends, coworkers, or romantic partners, each day focuses on appreciating the unique bonds we share. By participating in these lighthearted and sassy activities, we not only deepen our connections with others but also enhance our overall sense of joy and gratitude in life.

Expected Outcomes:

By participating in this challenge, you can expect a range of enriching benefits. It's an opportunity to improve your connections with those around you, from close family members to colleagues and friends. Engaging in these daily gratitude practices can foster a more positive mindset, helping you to focus on the good in your life and relationships. Additionally, this challenge offers a fun and unique way to express gratitude, infusing your daily routine with joy and a dash of sass.

28 DAYS OF RELATIONSHIP GRATITUDE: STRENGTHENING BONDS

DAY	WEEK 1	WEEK 2	WEEK 3	WEEK 4
1	LEAVE A FUNNY NOTE OF APPRECIATION IN YOUR CHILD'S LUNCHBOX OR ON THEIR PILLOW.	BUY YOUR COWORKER THEIR FAVORITE COFFEE AND LEAVE A NOTE SAYING, "THANKS FOR BEING BEAUTIFUL!"	SEND YOUR BEST FRIEND A THROWBACK PHOTO WITH A MESSAGE ABOUT A FUN MEMORY.	GIVE YOUR PARTNER A COMPLIMENT ON SOMETHING YOU USUALLY DON'T MENTION BUT APPRECIATE.
2	TEXT YOUR SIBLING AN INSIDE JOKE OR A FUNNY CHILDHOOD MEMORY.	WRITE A THANK-YOU NOTE TO A NEIGHBOR FOR SOMETHING THEY'VE DONE RECENTLY.	SEND A THANK-YOU EMAIL OR NOTE TO A TEACHER, EXPRESSING GRATITUDE FOR THEIR GUIDANCE.	LEAVE A STICKY NOTE OF THANKS ON A COLLEAGUE'S DESK FOR THEIR HELP OR SUPPORT.
3	SURPRISE YOUR ROOMMATE WITH THEIR FAVORITE SNACK AS A THANK-YOU FOR SOMETHING SPECIFIC.	CALL YOUR GRANDPARENTS AND THANK THEM FOR A STORY OR LESSON THEY'VE SHARED.	SEND A FUNNY AND THANKFUL MESSAGE TO YOUR WORKOUT BUDDY.	DISPLAY YOUR CHILD'S ARTWORK PROMINENTLY AND THANK THEM FOR ADDING COLOR TO YOUR LIFE.
4	LEAVE A NOTE FOR YOUR PARTNER ACKNOWLEDGING SOMETHING THEY REGULARLY DO FOR YOU.	SEND A MESSAGE TO A MENTOR, THANKING THEM FOR A PIECE OF ADVICE THAT STUCK WITH YOU.	THANK A FRIEND WHO ALWAYS MAKES YOU LAUGH WITH A FUNNY CARD OR MESSAGE.	PUBLICLY ACKNOWLEDGE A TEAM MEMBER'S CONTRIBUTION IN A MEETING OR GROUP CHAT.
5	SHARE A PIECE OF WISDOM YOUR PARENT GAVE YOU ON SOCIAL MEDIA WITH A NOTE OF THANKS.	SHARE A PIECE OF WISDOM YOUR PARENT GAVE YOU ON SOCIAL MEDIA WITH A NOTE OF THANKS.	GIVE A SMALL GIFT OR CARD TO A NEIGHBOR WHO HAS BEEN GENEROUS OR HELPFUL.	SEND A CO-PARENT A MESSAGE OF GRATITUDE FOR THEIR PARENTING PARTNERSHIP.
6	SEND A POSTCARD OR SMALL GIFT TO A LONG-DISTANCE FRIEND, THANKING THEM FOR STAYING IN TOUCH.	CALL OR TEXT A SIBLING TO THANK THEM FOR THEIR SUPPORT, EVEN IN SMALL MATTERS.	THANK A WORK MENTOR WITH A SMALL TOKEN OF APPRECIATION OR A HANDWRITTEN NOTE.	PRAISE YOUR CHILD FOR A UNIQUE ASPECT OF THEIR PERSONALITY WITH A FUN AWARD OR CERTIFICATE.
7	THANK A FRIEND FOR THEIR HONESTY WITH A QUIRKY GIFT THAT SYMBOLIZES YOUR BOND.	PLAN A SURPRISE DATE OR A SPECIAL MOMENT TO THANK YOUR PARTNER FOR THEIR LOVE AND COMPANIONSHIP.	WRITE A NOTE OF THANKS OR CREATE A SMALL THANK-YOU GIFT FOR SOMEONE IN YOUR COMMUNITY.	REFLECT ON YOUR OWN QUALITIES AND ACHIEVEMENTS, AND WRITE A SELF-APPRECIATION NOTE CELEBRATING YOUR JOURNEY AND RESILIENCE.

WEEKLY GRATITUDE JOURNAL WORKSHEET

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WEEKLY GRATITUDE JOURNAL WORKSHEET

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WEEKLY GRATITUDE JOURNAL WORKSHEET

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WEEKLY GRATITUDE JOURNAL WORKSHEET

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