

# Gratitude Family Challenge



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In this month of giving thanks, it's a great time to acknowledge the people and the experiences we sometimes take for granted.

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Use the prompts on the following page to practice being grateful as a family. You can use the Gratitude Challenge in a few ways:

**Option #1**

As a family, go through the chart all month long and randomly pick a box. Read a prompt and ask each family member to think of a person or story that comes to mind and share it with everyone.

*Note: Don't feel like you have to do this challenge every single day. Choose a column or row, or go through the chart in whatever way makes the most sense for your family.*

**Option #2**

If you can't physically be together, type out the prompt in a group text or get together on a video call.

**Option #3**

If possible, send a thank you note, text, email, or handmade card to the people you think about to let them know you are thankful for them.



**Option #4**

Planning a Thanksgiving dinner? Go around the table and have each person pick a prompt and share about a person or story that comes to mind.



**SOMETHING YOU  
ARE LOOKING  
FORWARD TO**



**SOMETHING NEW  
YOU LEARNED**

**SOMETHING YOU  
SAW SOMEONE  
ELSE DO WELL**

**SOMETHING  
YOU DID WELL  
THIS YEAR**

**SOMEONE WHO LIVES OUT  
THEIR FAITH IN A WAY  
THAT YOU ADMIRE**

**SOMEONE WHO LISTENS TO YOU  
WHEN YOU NEED A FRIEND**

**SOMETHING YOU USE  
EVERY DAY THAT YOU MIGHT  
TAKE FOR GRANTED**



**SOMETHING HARD YOU  
HAD TO GO THROUGH AND  
WHAT YOU LEARNED**



**SOMEONE WHO YOU SEE ON A  
CONSISTENT BASIS WHO IS ALWAYS KIND**

**SOMETHING GOD  
CREATED THAT  
YOU THINK IS  
BEAUTIFUL**

**(EITHER YOU'VE SEEN  
IN REAL LIFE, OR IN  
PHOTOS OR VIDEOS  
ONLINE)**

# **GRATITUDE FAMILY CHALLENGE**

**SOMEONE WHO  
MAY HAVE BEEN  
TOUGH TO DEAL  
WITH AT FIRST,  
BUT YOU WERE  
GRATEFUL  
FOR THEM LATER**

**SOMEONE WHO HELPS  
YOUR FAMILY**

**(NEIGHBOR, DAY CARE WORKER, GRANDPARENT)**



**SOMEONE YOU SEE EVERY DAY  
WHO HAS SHOWN YOU KINDNESS**

**(AT WORK, SCHOOL, NEIGHBORHOOD)**



**A GIFT THAT YOU LOVED  
RECEIVING AND WHO GAVE  
IT TO YOU**

**SOMEONE WHO HELPED YOU  
WHEN YOU NEEDED SOMETHING**

**SOMEONE WHO TAUGHT YOU  
SOMETHING ABOUT GOD**

**SOMEONE  
WHO TAUGHT YOU  
SOMETHING**

**SOMEONE WHO  
SERVES YOUR  
COMMUNITY OR  
COUNTRY**

**SOMETHING  
YOU LIKE ABOUT  
YOURSELF**



**SOMEONE OR  
SOMETHING THAT  
MADE YOU LAUGH**