

CHALLENGE: NOVEMBER/DECEMBER GRATITUDE

NAME:

SITE:

Instructions

For the next eight weeks, take time to practice gratitude five times a week. Each week will be a different theme (see below). On the back, write down your gratitude for the day reflecting the the weekly theme. At the end of each week, reflect on the week as a whole, and express what made you smile.

When you finish your tracker email it to wellness@cazenoviarecovery.org

WEEK	THEME	FOCUS AREA
1	Gratitude for the Team	Teammates/peers & collaboration
2	Thankful for Small Wins	Daily accomplishments
3	Appreciation for Leadership	Managers, mentors, coueslors
4	Gratitude in Challenges	Finding positives in setbacks
5	Client Appreciation	Residents
6	Program/Workplace Joy	Enjoyable moments at program/workplace
7	Personal Growth & Learning	Skills gained, lessons learned
8	Full Circle Appreciation	Recap & open gratitude expressions

OPTIONAL WEEKLY ACTIVITIES:

WEEK	ACTIVITY
1	Write a thank-you note to a team member/peer.
2	Celebrate a small win in your team meeting.
3	Share a story of how leadership supported you.
4	Reflect on a past challenge and how it helped you grow.
5	Shout-out to a resident in morning meditation.
6	Post a photo or description of your happy workspace moment.
7	Share a learning or training that had a positive impact.
8	Gratitude Wall: Post sticky notes or digital messages for anyone you appreciate.

END DATE: 12/31/25

"It's not happy people who are thankful. It's thankful people who are happy."



WELLNESS CHALLENGE TRACKER

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	WEEKLY CHECK-IN
WEEK 1						
WEEK 2						
WEEK 3						
WEEK 4						
WEEK 5						
WEEK 6						
WEEK 7						
WEEK 8						