Name: Date:

Section: Score:

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Gratitude Challenge

The ability to sit, think, and write is a genuine superpower—one we often forget we possess. That's why building the habit of slowing down and exploring our own minds matters so much. When you feel stuck, that's not a problem—it's a signal. Stay with it. If you keep thinking, something shifts: the fog lifts, ideas spark, and a new direction reveals itself.

For the activity below, you will write 100 things you are grateful for. Use these guidelines to help you think broadly and deeply:

- **At least 20 people — family, friends, teachers, classmates, creators, or historical figures.**
- **20 experiences — moments, memories, trips, or challenges you've overcome.**
- **20 everyday things — objects, foods, routines, sounds, or comforts.**
- **20 personal abilities or traits — skills, strengths, or parts of yourself you appreciate.**
- **20 surprises or small joys — the little things you usually take for granted.**

The purpose of this activity is to stretch your thinking, encourage deeper reflection, and remind you of the quiet superpower you carry: the ability to remember, notice, and appreciate what shapes your life.

People:

Experiences:

Every Day Things:

Personal Abilities:

Surprises or Small Joys:

Reflection

What did you learn from this activity?

How did it feel to focus on gratitude for people, experiences, and even small daily joys?