31 DAYS OF GRATITUDE CHALLENGE

ACCESS HUMAN POTENTIAL

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Hello!

Welcome to the 31 Days of Gratitude Challenge—Gratitude is more than just saying "thank you." It's a mindset—a way of seeing the world through a lens of appreciation and abundance. When we pause to notice what's good in our lives, even during challenges, we build resilience, joy, and connection.

This 31-day gratitude challenge invites you to slow down and reflect on one prompt each day. By focusing on what you're thankful for, you'll begin to rewire your brain for positivity, presence, and peace.

Let's begin.

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Day 1

Write down 3 things you're grateful for today.

Quote: **“Gratitude unlocks the fullness of life.” – Melody Beattie**

Day 2

Who in your life are you most thankful for right now—and why?

“Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.” – Marcel Proust

Day 3

What is a challenge you've faced that taught you something valuable?

"Out of difficulties grow miracles." – Jean de La Bruyère

Day 4

Name one simple pleasure you enjoyed today.

“Enjoy the little things, for one day you may look back and realize they were the big things.” – Robert Brault

Day 5

What part of your morning routine are you grateful for?

“When you arise in the morning, think of what a precious privilege it is to be alive.” – Marcus Aurelius

Day 6

What is a memory that makes you smile?

“Sometimes, you will never know the value of a moment until it becomes a memory.” – Dr. Seuss

Day 7

List 3 things in nature that you're grateful for.

"Look deep into nature, and then you will understand everything better." – Albert Einstein

Day 8

Write a note or message of appreciation to someone.

“Feeling gratitude and not expressing it is like wrapping a present and not giving it.” – William Arthur Ward

Day 9

What's one thing about your body or health you're thankful for?

"Your body is your home, your vessel in life. It needs to be respected and loved." – Theresa Buchanan

Day 10

What's something in your home that brings you comfort?

"The ache for home lives in all of us." – Maya Angelou

Day 11

Name a person who challenges you—and how they help you grow.

“The people who challenge you most teach you the most.” –

Unknown

Day 12

What skill or talent are you thankful to have?

“Gratitude for the gift brings joy to the task.” – Thomas Kinkade

Day 13

What's something you have today that you once wished for?

"Remember the days you prayed for the things you have now." – Unknown

Day 14

Describe a favorite space that brings you peace.

“Peace begins with a smile.” – Mother Teresa

Day 15

What part of your personality are you grateful for?

“Be yourself—everyone else is already taken.” – Oscar Wilde

Day 16

What are you grateful to have learned this year?

“Every day is a chance to learn, to grow, and to give thanks.” –

Unknown

Day 17

Who is someone from your past you are thankful for?

“No one is ever really gone, as long as they live in our hearts.” –

Unknown

Day 18

What's something funny or joyful that happened this week?

"Laughter is an instant vacation." – Milton Berle

Day 19

What's a habit, tool, or practice that helps you stay grounded?

"Gratitude is the anchor that keeps you steady." – Unknown

Day 20

Name a book, song, or podcast that has inspired you.

“Words can inspire. And music can heal.” – Unknown

Day 21

What do you love about where you live?

“Wherever you are, be all there.” – Jim Elliot

Day 22

What are you grateful for in your current season of life?

“To everything there is a season, and a time for every purpose.” –

Ecclesiastes 3:1

Day 23

What's something you often take for granted but truly appreciate?

"The things you take for granted, someone else is praying for." –

Unknown

Day 24

Write about a recent compliment you received or gave.

“A compliment is verbal sunshine.” – Robert Orben

Day 25

Who is someone you're thankful for in your everyday life?

"Appreciation can make a day—even change a life." – Margaret Cousins

Day 26

What's a technology or invention you're grateful for?

"Technology is best when it brings people together." – Matt Mullenweg

Day 27

How has practicing gratitude impacted your mindset?

“Gratitude turns what we have into enough.” – Aesop

Day 28

What's a favorite food, drink, or meal you're grateful for?

"Food is symbolic of love when words are inadequate." – Alan D. Wolfelt

Day 29

What is something you're looking forward to, and why are you thankful for it?

"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow." – Melody Beattie

Day 30

Reflect on the past month. What have you learned about gratitude?

“Acknowledging the good that you already have in your life is the foundation for all abundance.” – Eckhart Tolle

Day 31

Take time to reflect on your gratitude journey.

“Gratitude is not only the greatest of virtues, but the parent of all the others.” – Cicero

Summary

You've made it to Day 31—and that's no small thing.

This challenge wasn't about being perfect; it was about choosing to pause, notice, and appreciate what's already here.

Every reflection, every moment of thanks was a deposit into your mindset bank—and now you've built something truly powerful: perspective, presence, and peace.

You've proven that gratitude isn't just a feeling—it's a habit. A choice. A way of life.

Keep noticing. Keep appreciating. And when life feels heavy, flip back to Day 1 and remind yourself just how much there is to be grateful for—and how far you've come.

You did this. And the best part? You can keep choosing gratitude every single day.

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Thank-you!

This guide is just the beginning. Want to build on this progress?

Explore our full lineup of follow-up support:

For Student Athletes:

- **1:1 Coaching** – Personalized mental performance training for student-athletes
- **Team Workshops** – Build trust, communication, and game-ready mindsets
- **Programs for Parent**s – Learn how to support your athlete without adding pressure
- **Coach Training** – Tools to lead mentally strong teams and build a championship culture

For Individuals and Organizations:

- 1:1 Leadership Coaching – Tools to reframe negativity, manage stress, and turn personal and professional goals into reality
- Team Workshops – Build trust, communication, & accountability
- Manager & Leader Training – Equip leaders to coach, motivate, & communicate with impact
- Culture & Team Development Programs – Align teams around shared values, purpose, & performance goals

Let's keep the momentum going.

Schedule an introductory call: https://calendly.com/koberle-1/discovery

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