

Find the Good

gratitude challenge

-  Find something that makes you laugh
-  Find something in your favorite color
-  Find something you enjoy looking at
-  Find something that reminds you of a fun memory
-  Find something you know someone else will enjoy
-  Find something that reminds you of a close friend or family member
-  Find something that smells divine
-  Find a piece of clothing you feel great in
-  Find a gadget or device you use a lot
-  Find something you're proud of
-  Find something that tastes good
-  Find something that you are lucky to own
-  Find something you like to read or listen to