Cultivating an Attitude of Gratitude even when life is hard.

7 Days of Gratitude
7 Day Gratitude Challenge

01 Write down 3 things you're grateful for.

02 Make a list of your accomplishments.

03 Celebrate how far you've come.

04 Notice people and things you are blessed to have...tell them.

05 Spend time playing a game with friends or family.

06 Write a note to someone currently going through the cancer journey.

07 Note two things that you have gained through times of struggle (ex: grit, friends, wisdom, etc.).