

AUGUST

GRATITUDE 2020

SUN	MON	TUE	WED	THU	FRI	SAT
<p>2020 is the STILL the year of GRIT, GRATITUDE & GOAL-SETTING! With all of the changes we're experiencing on the planet, life is forcing us to go inward, literally and figuratively. This season, our test is how patient and present we can be for our own growth. Everyday this month of AUGUST 2020, challenge yourself to make one small action towards becoming more grateful, gracious, and generous in your expression of gratitude. YOU HAVE SO MUCH TO BE GRATEFUL FOR! Prioritize gratitude so you can be your evolved self in this evolving world. Get your family, friends, and colleagues involved and share on Instagram & Facebook with the #sarahnsays</p>						<p>1 Say thank you to someone you appreciate</p>
<p>2 Write a list of 5 things you are grateful for</p>	<p>3 Celebrate a small win in your day</p>	<p>4 Watch a video about gratitude</p>	<p>5 Reach out to 2 people you are grateful for</p>	<p>6 Help someone to see things on the bright side</p>	<p>7 Do a 5 minute meditation on gratitude</p>	<p>8 Get some fresh air and express gratitude for nature</p>
<p>9 Actively listen!</p>	<p>10 Focus on your strengths</p>	<p>11 Avoid complaining all day</p>	<p>12 Pay someone a genuine compliment</p>	<p>13 Be gracious when challenged</p>	<p>14 Be intentional about saying "thank you"</p>	<p>15 Make time to enjoy a passion</p>
<p>16 Replace all negative thoughts with positive ones</p>	<p>17 Do a random act of kindness</p>	<p>18 Treat yourself to something nice</p>	<p>19 Journal about your blessings</p>	<p>20 Take a picture of something you're grateful for</p>	<p>21 Donate clothes, books, and items, you no longer use</p>	<p>22 Express gratitude for things you're <u>NOT</u> satisfied with</p>
<p>23 Be present in the moment! Write a thank you note to someone you're grateful for</p>	<p>24 Be the calm voice in a stressful situation Smile!</p>	<p>25 Have a mini photoshoot, you're beautiful!</p>	<p>26 Write a list of 5 things you never want to take for granted</p>	<p>27 Give a small token of appreciation to someone you're grateful for</p>	<p>28 Spend 30 minutes in silence, reflecting on gratitude</p>	<p>29 Celebrate 1 thing that happened this month that you're grateful for</p>
<p>30</p>	<p>31</p>					