

Take a Gratitude Challenge

Adapted from a list by John Hilton III and Anthony Sweat

Let's not just talk about counting our blessings—let's do it! Write a list of 100 things you are thankful for. If that sounds like it is too many, try this:

1. Write 10 physical abilities you are grateful for.
2. Write 10 material possessions you are grateful for.
3. Write 10 living people you are grateful for.
4. Write 10 deceased people you are grateful for.
5. Write 10 things about nature you are grateful for.
6. Write 10 things about today you are grateful for.
7. Write 10 places on earth you are grateful for.
8. Write 10 modern inventions you are grateful for.
9. Write 10 foods you are grateful for.
10. Write 10 experiences you are grateful for.

When we make a list like this, we discover that a list of 100 doesn't even begin to scratch the surface of all the positive things in our lives.