



There is a calmness
to a life
lived in Gratitude,
a quiet joy.

Ralph H. Blum
Quoted in "Words of Gratitude" by Robert A. Emmons and Joanna Hill



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Kindness

CORPORATE

Make your working world around
you better than you found it.



Building corporations with emotionally intelligent employees working together to create safe, healthy, and happy work environments.

PILLARS

Truthfulness . Kindness . Connection

TRUTHFULNESS

The first pillar of Corporate Kindness is: TRUTHFULNESS

We all have a responsibility to know our truth. We have to do the hard work and earn a PHD in knowing ourselves. At Challenge to Change we teach social emotional learning. This learning begins with knowing the truth of who we are and what core values make us our beautiful human selves. When we know these truths, we are able to make better choices for ourselves and with the ones who surround us. When we make better choices for ourselves, we can then freely give our time and talents without resentment or regret. When we know our core beliefs and values, we better understand why we get upset by certain situations and individuals. Often, it is because our deep truths are rocked or challenged.



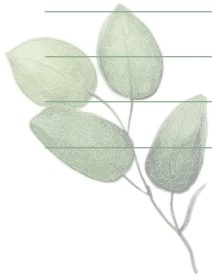
WHAT IS

Gratitude?



The quality of being
 thankful; readiness to
 show appreciation for;
 to return kindness.





What does GRATITUDE mean to me?

How do I DEMONSTRATE gratitude in my life...
For the things I have?

For the PEOPLE that I love?

For the WORK that I do?



DAILY

Gratitude

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Use this space to write 3-5 things you are grateful for everyday. Can you make this part of your morning or evening routine to start or end your day with a reminder of all you have?

CHALLENGE • Write down different items each day.
For example, if you write down your spouse on Day One, you wouldn't repeat your spouse on a future day.

DAY ONE

DAY TWO



DAY THREE

DAY FOUR

DAY FIVE

DAY SIX

