



100-Day Gratitude Challenge

Days 26 – 50: Checklist + Favorites

Track your progress with this printable checklist! Use the heart column to indicate your favorite practices.

Day	Practice	✓	♥
26	Remember Your Guideposts		
27	Activate Your Inner Galileo		
28	Ask Generous Questions, Then Listen		
29	Metabolize Sorrow into Medicine		
30	Don't Let Your Ice Cream Fall Off the Cone		
31	Loiter a Little Longer		
32	Be Alive in Your Body Today		
33	Be Tender and Befriend Yourself		
34	Give Someone Your Full Presence Today		
35	Honor What You Have Lost		
36	Take a Tech Sabbath		
37	Celebrate and Protect What's Sacred to You		
38	Do Not Rush – Enjoy!		
39	Create a Micro Ritual		
40	Savor the Splendors of Human Creation		
41	Take Care of a Place You Love		
42	Let the Moral Beauty of Others Inspire You		
43	Have a Celebration		
44	Remember Your Connection to All Things		
45	Arrive to Tomorrow Knowing You Are Loved		
46	Awaken to Awe		
47	Be Neighborly		
48	Make an Unlikely Friend		
49	Connect through Play		
50	Light the Way for Someone Else		