



# 100-Day Gratitude Challenge

## Days 51 – 75: Checklist + Favorites

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

Day	Practice	✓	♥
51	Awaken to Joy		
52	Be Delighted!		
53	Tap the Power of Forgotten Joy		
54	Release an Old Story		
55	Tune In to Other People's Joy		
56	Stand Up for Something through Play & Joy		
57	Spread Some Joy!		
58	Be Courageous — Let Your Heart Speak		
59	Embody the Courage Inspired by Others		
60	Trust Yourself		
61	Live More Fully by Doing		
62	Be Open to a New Opportunity		
63	Resist with Moral Courage		
64	Restore, Reconcile, and Renew		
65	Stop Hitting the Snooze Button		
66	Get Out Your Telescope and Microscope		
67	Discover Opportunity in Waiting		
68	Don't Take Life for Granted		
69	Celebrate the Imperfections You Cherish		
70	Be Playful		
71	Come Alive on Holy Ground		
72	Fan the Flame of Possibility		
73	Welcome What You Cannot Yet Imagine		
74	Remember That the Human Story Is Also a Hopeful One		
75	Be Passionate about Possibility		