



100-Day Gratitude Challenge

Days 76 – 100: Checklist + Favorites

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

Day	Practice	✓	♥
76	Fear or Hope? Invite Just One to Stay		
77	Look to the “Good New Days”		
78	Plant a Seed of Hope		
79	Embrace the Mystery of Life		
80	Give Thanks for the Drumbeat of Life		
81	Tap the Power of Collective Effervescence		
82	Awaken Your Inner Mystic		
83	Open Yourself to a Big Insight		
84	Consider Spirituality as a Vital Awareness		
85	Open Your Senses; Your Heart Will Follow		
86	Live a Liberated Life		
87	Do More Than Visit This World		
88	Adopt an Ethic of Love		
89	Remember That It’s Not Just Another Day		
90	Let Your Gratefulness Overflow into Action		
91	Be the Author of Your Life		
92	Build Your Practice Toolkit		
93	Take Time to Reflect		
94	Choose Your Trail Angels		
95	Ritualize Your Practice		
96	Create a Home Within		
97	Live in Radical Amazement		
98	Exercise Your Soul Muscle		
99	Invite a Revolution of the Heart		
100	Say Yes to Joy!		