



THE weekend reset challenge

WEEK 5

7 weekend practices to start your week calm, connected, and confident!



Appreciation



Watch the video!



Appreciation and gratitude aren't just feel-good notions—their benefits are backed by solid research! Studies show that practicing gratitude can lead to a wealth of benefits, from boosting mental and physical health to strengthening relationships and resilience. So, why not give it a try this weekend? Whether it's keeping a gratitude journal or making a conscious effort to thank someone, you'll be amazed at how simple practices can profoundly transform your life. And amidst all the gratitude you share with others, don't overlook the importance of appreciating yourself too—after all, self-love is an essential component of a fulfilling and balanced life.



WHAT MIGHT HOLD YOU BACK

- culture or upbringing
- ingrained habits
- pessimism
- emotional blocks



RESEARCH CONNECTIONS

[The impact of gratitude on depression and anxiety](#)

[Promoting gratitude as a resource for sustainable mental health](#)

[Gratitude, hope, optimism and life satisfaction as predictors of psychological well-being](#)

[A systematic review of evidence for the effect of gratitude on life satisfaction](#)

[Gratitude – more than just a platitude? The science behind gratitude and health](#)



FOR FURTHER EXPLORATION

[The Gratitude Diaries: How a Year Looking on the Bright Side Can Transform Your Life](#)

[TED Talk: Want to Be Happy? Be Grateful!](#)

[Love Yourself Like Your Life Depends On It](#)

[Gratitude Journal: Invest few minutes a day to develop thankfulness, mindfulness and positivity.](#)

[The 5 best Websites to Support your Gratitude Practice](#)

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-Dr. Joni Turville



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➤ This Weekend's To-Do ➤

Over the weekend, incorporate all 5 practices. Feel free to mix and match! Connect, get outdoors, move your body, plan ahead, and practice appreciation.

🕒 Less Time and Planning

- use a gratitude journal
- do affirmations
- write a thank you note
- smile
- post a social media shout out
- compliment yourself
- send a text message of gratitude
- say "thank you"
- use a gratitude app
- give someone a compliment
- use an affirmation app
- listen to someone fully
- thank a service worker
- watch a TED Talk on gratitude
- send a thank you meme or gif
- follow along with a short youtube affirmation video
- write a positive review for a local business
- offer a hug or pat on the back
- share a memory with someone that shows appreciation
- share a song that shows appreciation
- send an electronic gift card
- share a picture featuring you and someone you're thankful for

🕒 More Time and Planning

- write a letter of gratitude
- attend an affirmation workshop
- create a gratitude jar
- write a love letter to yourself
- collect quotes on gratitude
- make gratitude stones
- create a gratitude bookmark
- give yourself flowers
- have a gratitude partner
- create a gratitude board or wall
- take a gratitude inventory
- do something nice for a neighbor
- send a gratitude video
- send a handwritten card
- create a gratitude playlist
- participate in a challenge on gratitude or affirmations
- send a thoughtful gift
- create morning/evening affirmations
- listen to a podcast on gratitude
- have a gratitude walk with a friend
- create gratitude prompts
- create a gratitude photo collage
- read a book or story on gratitude
- go on a gratitude walk with a friend or loved one

📝 TRACK

Download The Weekend Reset Challenge Tracker to record this weekend's activities: **Connect-Outdoors-Move-Plan-Appreciation!**



🧠 REFLECT

Download The Weekend Reset Journal to reflect on how the weekend went and how you feel about the upcoming week

