

Gratitude challenge

Every year, Alberta Blue Cross® challenges its employees to express their gratitude for 30 days in a row. Not only does it encourage sharing and reflection, but it can improve mood overall and lead to reduced stress, anxiety and depression. Try it out and use the following prompts to get started.

Choose a prompt below to spark conversation with a friend, family member or co-worker each day. Or, try it solo.

PROMPT ONE

A healthy sense of anticipation can often energize our lives or get us through difficult times.

What's something you're looking forward to and why?

PROMPT TWO

It's easy to get caught in the traps of comparison and self-criticism. But there's always something to appreciate about every age and stage, so embrace it.

Share something good about the age and stage of where you're at today.

PROMPT THREE

Each year new things come into our life that we often forget to feel grateful for.

What's something you're grateful for today and why is it meaningful?

PROMPT FOUR

It's not always easy to trust our instincts. Sometimes it is fear of the unknown or what people might think.

Describe a time where you listened to your intuition and it worked out well.

PROMPT FIVE

It takes practice and awareness to be mindful of what we choose to think about.

Share three things, small or big, that have gone right for you today.

PROMPT SIX

Bring a smile to your face and treat yourself to a tasty dessert.

*What dessert are you most grateful for?
Describe a special time when you had it.*

PROMPT SEVEN

A walk or bike ride outside, an at home workout, taking a long cleansing breath. Our bodies allow us to do so much.

Name three things your body allows you to do that you enjoy?