



GRATITUDE JOURNAL HABIT CHALLENGE

August 21 – August 26

Gratitude is about seeing and appreciating the good things in the world. It's a practice—the more often you do it, the more natural a state of mind it becomes. Over time, it can improve your mood and wellbeing.

Take a few minutes each day to write down something you're thankful for.

1. Go to Challenges to join.
2. Track to earn a voucher for 200 points.

Looking to join? Go to join.virginpulse.com/Roehl or the Virgin Pulse mobile app

