



# POINT TRACKER

Name: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

Remember simple acts of Gratitude can change your brain and how you see the world. **Do one of the below listed acts of gratitude for points each day.** To earn 2 additional points daily just post your activity to Facebook or Twitter with #Gratitude Challenge.

- 1. The 3 Blessings exercise**~ write down a list of 3 things, big or small, that you consider a positive experience from the day. (3 pt)
- 2. Say Thank You more to the people around you.** Take the time to write a Thank You note (5 points) to those in your life who you might not always remember to thank or just be make it a point to offer a verbal Thank You (2 points) to those you run into in your daily life.
- 3. Stop for 30 seconds and take in all the good around you & offer a prayer of Thanksgiving!** “Stop and smell the roses!” Literally stop and smell the beautiful scents of nature around you whether you are in your kitchen cooking up a quick meal or outside on your way to your car for an errand. (2 points) **Record the activities and points earned each day.**

Day	Date	<u>3 Blessings</u> 3 points	<u>Thank You</u> 5 or 2 points	<u>30 Second Thanksgiving</u> 2 points	<u>Post Social Media</u> 2 bonus points	Total Points for the day
1	Nov. 1 <sup>st</sup>					
2	Nov. 2 <sup>nd</sup>					
3	Nov. 3 <sup>rd</sup>					
4	Nov. 4 <sup>th</sup>					
5	Nov. 5 <sup>th</sup>					
6	Nov. 6 <sup>th</sup>					
7	Nov. 7 <sup>th</sup>					
8	Nov. 8 <sup>th</sup>					
9	Nov. 9 <sup>th</sup>					
10	Nov. 10 <sup>th</sup>					
11	Nov. 11 <sup>th</sup>					
12	Nov. 12 <sup>th</sup>					
13	Nov. 13 <sup>th</sup>					
14	Nov. 14 <sup>th</sup>					
15	Nov. 15 <sup>th</sup>					
16	Nov. 16 <sup>th</sup>					
17	Nov. 17 <sup>th</sup>					
18	Nov. 18 <sup>th</sup>					
19	Nov. 19 <sup>th</sup>					
20	Nov. 20 <sup>th</sup>					
21	Nov. 21 <sup>st</sup>					
Names of people you invited and signed up for this Challenge <b>5 Bonus points each</b>						

Total



Complete the tracker, total your points and return to Rayna by Nov. 24th to be eligible for the prize drawing. email, [Rayna@TakeHeartCoaching.com](mailto:Rayna@TakeHeartCoaching.com), or Fax 620-663-6666