



# United Thank Offering

## November Gratitude Challenge 2019

This November, the United Thank Offering is inviting you to a daily photo challenge created with the intent to inspire gratitude in your life. We have thoughtfully crafted a list of things that we believe we encounter (almost) everyday and want to see how you are experiencing them this month. Post a photo of how you are experience gratitude for these things with the **#utogratitudechallenge** so we can follow along with your gratitude journey. We hope that this challenge inspires gratitude and joy in your life and the lives of those around you!

SUN	MON	TUE	WED	THU	FRI	SAT
					<b>01</b> Take a photo of something that brings you <b>comfort.</b>	<b>02</b> Take a photo of something that brings you <b>joy.</b>
<b>03</b> Take a photo of something that represents <b>love</b> today.	<b>04</b> Take a photo that represents <b>friendship.</b>	<b>05</b> Take a photo of something that represents <b>learning.</b>	<b>06</b> Take a photo of something that represents <b>growth.</b>	<b>07</b> Take a photo of something that represents <b>creativity.</b>	<b>08</b> Take a photo of something that is <b>meaningful.</b>	<b>09</b> Take a photo of how you <b>relax.</b>
<b>10</b> Take a photo of something that represents <b>nourishment.</b>	<b>11</b> Take a photo of something that represents <b>fellowship.</b>	<b>12</b> Take a photo of something that brings you <b>peace.</b>	<b>13</b> Take a photo of something that you <b>accomplished.</b>	<b>14</b> Take a photo of something that you <b>utilize.</b>	<b>15</b> Take a photo of something that brings you <b>energy.</b>	<b>16</b> Take a photo of something that represents <b>wisdom.</b>
<b>17</b> Take a photo of something that represents <b>youth.</b>	<b>18</b> Take a photo of something that represents <b>history.</b>	<b>19</b> Take a photo of something that represents <b>beauty.</b>	<b>20</b> Take a photo of something that brings you <b>laughter.</b>	<b>21</b> Take a photo of something that represents <b>belonging.</b>	<b>22</b> Take a photo of something in <b>nature.</b>	<b>23</b> Take a photo of something that represents <b>listening.</b>
<b>24</b> Take a photo of something that represents <b>prayer.</b>	<b>25</b> Take a photo of something that represents <b>work.</b>	<b>26</b> Take a photo of something that <b>stimulates</b> you.	<b>27</b> Take a photo of something that you have <b>overcome.</b>	<b>28</b> Take a photo of something that represents <b>celebration.</b>	<b>29</b> Take a photo of something that represents <b>adventure.</b>	<b>30</b> Take a photo of something that makes you <b>smile.</b>