NOTICE THE GOOD

My Peak Challenge
30-Day Gratitude Challenge

MPC 2026

1 Write down three good things from today (no matter how small).	**2** Thank your body for something it lets you do.	**3** Send a message to someone who has made your life better.	**4** Notice something beautiful on your walk or outside today.	**5** Think of something difficult that taught you something valuable.	**6** Thank yourself for one healthy choice you made this week.	**7** Name one every day comfort you usually take for granted.
8 Tell someone what you appreciate about them.	**9** Think of a place that makes you feel good. Why are you grateful for it?	**10** Celebrate something your body can do today.	**11** Take a photo of something that makes you smile.	**12** Think of someone who believed in you when you needed it.	**13** Name one thing that made today easier.	**14** Pause during a meal and appreciate where your food came from.
15 Look back: What can you do now that once felt hard?	**16** Give someone a genuine compliment.	**17** Notice one thing your body does for you without being asked.	**18** Write down your favorite memory and what makes it meaningful.	**19** Thank someone in the Peaker community for thier support.	**20** Take five quiet minutes to notice what's good right now.	**21** Think of something you once wished for that you now have.
22 Appreciate your strength — physical, mental or emotional.	**23** Do one small act of kindness without expecting anything back.	**24** Name three people who make your life better.	**25** Think of a setback you made it through. What helped you keep going?	**26** Move your body in a way that feels good — just because you can.	**27** Thank someone whose work makes your life easier.	**28** Write down five things you loe about your life right now.
29 What are you grateful you made time for this month?	**30** Choose one gratitude practice you want to carry forward.					