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WITH ADAM CONNORS

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Guide to Performing The 30-Day Gratitude Challenge



Expressing gratitude is one of most effective ways to deepen a connection with someone and enhance your relationships. Numerous studies reveal showing appreciation also improves your overall happiness and well-being.

When you focus more on what you can give rather than what you can get, your relationships result in being a gift to both of you. It may seem like common knowledge to recognize others for the impact they've made, yet for some reason it's not something people concentrate on enough. This guide will change all that! Just follow the steps laid out here and utilize the chart on the last page to successfully perform and complete The 30-Day Gratitude Challenge.

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How does The Gratitude Challenge work?



For 30 days you acknowledge 30 different people, one person each day. Choose individuals who have impacted you personally or professionally in a positive way – but are not your direct family.



You will recognize them for the influence they've had on your life by saying thank you and extending gratitude for something they've done, in either one of two ways:

- **Privately:** Send an email, note, text or private message
- **Publicly:** Post the message on social media i.e. LinkedIn, Facebook, Twitter, etc.

What is the outcome of The Gratitude Challenge?



People feel appreciated and valued when someone shows gratitude towards them.



You will feel good for sharing your appreciation.



They will most likely reciprocate in some way and extend recognition towards you as well.



Your actions of gratitude will yield positive results and immediately jumpstart your network.



If you do it publicly it could go viral and their contacts will in turn look at your profile to see who you are, what you do, and how you are all connected, which opens the door to many possibilities.



Your friend's contacts are also people that you know, but who never put two and two together and realized you knew each other, which is usually fun and typically leads to interesting conversations.



You will gain instant credibility with others that are connected with the person you expressed gratitude for through what is known as the “Halo Effect”, which is defined as “the tendency for an impression created in one area to influence opinion in another area.” In short, this is a good thing!

Step 1: Identify 30 People



Identify 30 people from your different Spheres of Influence that you would like to recognize, using your own completed NetWorkWise Sphere of Influence Template for reference. Choose individuals who have impacted you personally or professionally in a positive way – but are not your direct family.



The impact they had could be something they're aware of or about something they didn't even realize affected you in such a positive manner. For example, if a colleague recommends you for a promotion that you ultimately obtain, then they likely realize they've influenced your career in some way. However, if a colleague shares their routine for effectively managing their business emails and then you implement that same routine with productive results, they may not even know about the impact until you acknowledge it. And they'll be extremely appreciative of your recognition.



You may feel it can be difficult to come up with 30 names, but in fact it's not! Considering it's the low hanging fruit that can be most influential, many prefer to start this challenge by expressing gratitude toward Friends and Extended Family.



Think about the following to generate ideas:

- Identify 5 of your closest friends and one outstanding attribute you've learned from each of them.
- Consider 10 positive life experiences you have had and who you shared them with.
- Reflect on the people you have enjoyed spending time with and what makes them fun.
- Write down past colleagues and their unique talents, abilities, and personality traits.
- Write down dormant ties that you haven't spoken with in a while but who have highly influenced your life.
- List friends from growing up that you've lost touch with and with whom you share positive childhood memories.
- Think of habits you picked up from co-workers that helped increase your productivity.
- Reflect on people who inspire you, for instance maybe they have disciplined eating or workout habits, or perhaps they simply hold the door open for people on a consistent basis, or always put the needs of others before their own first.
- Consider friends who have become wildly successful and acknowledge how they've encouraged you by overcoming certain challenges and obstacles to get to where they are.
- Think of your personal gratitude towards those individuals who are beneficial to your life and consistently go out of their way for you and always provide value without being asked.
- Identify those in your network who have made extenuating sacrifices while staying focused on completing their goals, for example a friend who is a doctor.
- Consider all the great things that you have in life and think about the people that helped you get to where you are today and were instrumental in helping you achieve your goals.

Step 2:



Complete the Chart




Use the charts starting on Page 7 of this guide and in the correct columns write down:

- Each person's name.
- The superlatives that best describe them and makes them stand out.
- How they've impacted you either personally or professionally and influenced your life.
- Which sphere within your own Sphere of Influence they belong to.
- The traits and characteristics you most admire about them .
- In the last column of the chart write down how you will acknowledge each person, for example:
 - Give them a handwritten card
 - Send an email, note, or text message
 - Send a private message through social media
 - Post an update on social media (LinkedIn, Facebook, Twitter, Instagram, etc.)

Step 3: Make it a Habit

-  Identify a specific time each day that you will only concentrate on communicating your gratitude. It's recommended that you do this first thing in the morning, when you have the most energy and before other distractions take place.
-  Motivation is what gets you started with this challenge – but turning this activity into a habit is what's going to make you successful in following through and completing it.

Step 4: Begin Your Challenge!

-  For 30 days extend your gratitude towards 30 different people, one person each day. They don't necessarily have to be consecutive; you could take weekends or other days off. You will soon see that performing The Gratitude Challenge and showing appreciation for people will have a positive impact not just on your own life – but on the lives of many others.

Let's get started!

Day 1: Name: _____

What Sphere do they belong to?

How have they impacted you?

What superlatives best describe them?

What traits do you admire?

How will you acknowledge them?

Day 2: Name: _____

What Sphere do they belong to?

How have they impacted you?

What superlatives best describe them?

What traits do you admire?

How will you acknowledge them?

Day 3: Name: _____

What Sphere do they belong to?

How have they impacted you?

What superlatives best describe them?

What traits do you admire?

How will you acknowledge them?

Day 4: Name: _____

What Sphere do they belong to?

How have they impacted you?

What superlatives best describe them?

What traits do you admire?

How will you acknowledge them?

Day 5: Name: _____

What Sphere do they belong to?

How have they impacted you?

What superlatives best describe them?

What traits do you admire?

How will you acknowledge them?

Day 6: Name: _____

What Sphere do they belong to?

How have they impacted you?

What superlatives best describe them?

What traits do you admire?

How will you acknowledge them?

Day 7: Name: _____

What Sphere do they belong to?

How have they impacted you?

What superlatives best describe them?

What traits do you admire?

How will you acknowledge them?

Day 8: Name: _____

What Sphere do they belong to?

How have they impacted you?

What superlatives best describe them?

What traits do you admire?

How will you acknowledge them?

Day 9: Name: _____

What Sphere do they belong to?

How have they impacted you?

What superlatives best describe them?

What traits do you admire?

How will you acknowledge them?

Day 10: Name: _____

What Sphere do they belong to?

How have they impacted you?

What superlatives best describe them?

What traits do you admire?

How will you acknowledge them?

Day 11: Name: _____

What Sphere do they belong to?

How have they impacted you?

What superlatives best describe them?

What traits do you admire?

How will you acknowledge them?

Day 12:

Name: _____

What Sphere do they belong to?

How have they impacted you?

What superlatives best describe them?

What traits do you admire?

How will you acknowledge them?

Day 13: Name: _____

What Sphere do they belong to?

How have they impacted you?

What superlatives best describe them?

What traits do you admire?

How will you acknowledge them?

Day 14: Name: _____

What Sphere do they belong to?

How have they impacted you?

What superlatives best describe them?

What traits do you admire?

How will you acknowledge them?

Day 15: Name: _____

What Sphere do they belong to?

How have they impacted you?

What superlatives best describe them?

What traits do you admire?

How will you acknowledge them?

Day 16: Name: _____

What Sphere do they belong to?

How have they impacted you?

What superlatives best describe them?

What traits do you admire?

How will you acknowledge them?

Day 17: Name: _____

What Sphere do they belong to?

How have they impacted you?

What superlatives best describe them?

What traits do you admire?

How will you acknowledge them?

Day 18: Name: _____

What Sphere do they belong to?

How have they impacted you?

What superlatives best describe them?

What traits do you admire?

How will you acknowledge them?

Day 19: Name: _____

What Sphere do they belong to?

How have they impacted you?

What superlatives best describe them?

What traits do you admire?

How will you acknowledge them?

Day 20: Name: _____

What Sphere do they belong to?

How have they impacted you?

What superlatives best describe them?

What traits do you admire?

How will you acknowledge them?

Day 21: Name: _____

What Sphere do they belong to?

How have they impacted you?

What superlatives best describe them?

What traits do you admire?

How will you acknowledge them?

Day 22: Name: _____

What Sphere do they belong to?

How have they impacted you?

What superlatives best describe them?

What traits do you admire?

How will you acknowledge them?

Day 23: Name: _____

What Sphere do they belong to?

How have they impacted you?

What superlatives best describe them?

What traits do you admire?

How will you acknowledge them?

Day 24: Name: _____

What Sphere do they belong to?

How have they impacted you?

What superlatives best describe them?

What traits do you admire?

How will you acknowledge them?

Day 25: Name: _____

What Sphere do they belong to?

How have they impacted you?

What superlatives best describe them?

What traits do you admire?

How will you acknowledge them?

Day 26: Name: _____

What Sphere do they belong to?

How have they impacted you?

What superlatives best describe them?

What traits do you admire?

How will you acknowledge them?

Day 27: Name: _____

What Sphere do they belong to?

How have they impacted you?

What superlatives best describe them?

What traits do you admire?

How will you acknowledge them?

Day 28: Name: _____

What Sphere do they belong to?

How have they impacted you?

What superlatives best describe them?

What traits do you admire?

How will you acknowledge them?

Day 29: Name: _____

What Sphere do they belong to?

How have they impacted you?

What superlatives best describe them?

What traits do you admire?

How will you acknowledge them?

Day 30: Name: _____

What Sphere do they belong to?

How have they impacted you?

What superlatives best describe them?

What traits do you admire?

How will you acknowledge them?