

THE LETTER PROJECT GALS OF GRATITUDE

ONE WEEK GRATITUDE JOURNALING CHALLENGE



you're BRAVE
& BRILLIANT
and oh-so-
RESILIENT

WWW.THELETTERPROJECT.ORG

HI, LOVELY.



We believe in you and we're so glad that you decided to join The Letter Project for this week-long gratitude challenge.

The Letter Project is on a mission to change the minds of the 7 in 10 girls who believe they are not good enough. We are a faith-based nonprofit and we write letters to girls around the world who are in need of extra love and support.

We believe in the power of women supporting one another and to do that, we have to each love ourselves, right? This gratitude challenge is to help you get to the core of what makes you happy, what brings you joy, and what you've learned in this weird, chaotic, and scary season of life. We're here for you, we see you, and we support you sister.



CONTACT US AT:

HELLO@TOLOVEOURSELVES.COM

CHALLENGE SCHEDULE

DAY 1: Write a thank-you letter to someone in your life.

DAY 2: List 10 things you're grateful for in the morning & reflect on them at night before bed.

DAY 3: Reflect on 3-5 recent or ongoing challenges and how you have grown/developed through each experience.

DAY 4: List moments of happiness & be present in today.

DAY 5: Spend time in intentional prayer or meditation.

DAY ONE

THREE THINGS I AM
GRATEFUL FOR TODAY:

I AM THANKFUL FOR:

TAKE ACTION

- Reflect on people in your life to whom you feel gratitude. Set aside 15 minutes today to write a letter to someone who you appreciate. Why are you grateful for them? What do you value in them?

BIBLE VERSE

"Give thanks in all circumstances; for this is the will of God in Christ Jesus for you."
- 1 Thessalonians 5:18

STAY UP-TO-DATE WITH THE LETTER PROJECT!

You can find us on Facebook and Pinterest as "The Letter Project"

FOLLOW US ON INSTAGRAM @TOLOVEOURSELVES

DAY TWO

I AM SHOWING
GRATITUDE TODAY BY:

LIST 10 THINGS YOU'RE
GRATEFUL FOR:

TAKE ACTION

- 10 THINGS YOU'RE GRATEFUL FOR List -- think granular to identify at least ten items/things/people that you are grateful for. For example, if you've listed a loved one, WHY are you grateful? Why TODAY?

BIBLE VERSE

"For where your treasure is, there your heart will be also."

- Matthew 6:21

ARE YOU ENJOYING THIS CHALLENGE?

Give us a shoutout on social media and we'll share your awesome work!

TAG @TOLOVEOURSELVES ON INSTAGRAM!

DAY THREE

I AM GRATEFUL FOR:

WHAT I'M LEARNING
FROM CHALLENGES:

TAKE ACTION

- GROWTH THROUGH CHALLENGES: List 3-5 obstacles you've faced/are currently facing in this season, and what you're learning from them. How is it making you better, stronger, or wiser?

BIBLE VERSE

"They are new every morning; great is your faithfulness."
- Lamentations 3:23

REQUEST A LETTER FOR SOMEONE YOU KNOW.

No problem is too big or too small for us to send a little bit of handwritten love your way. Let us show you or a loved one how much we are rooting for you!

VISIT WWW.THELETTERPROJECT.ORG

DAY FOUR

THE BEST MOMENT OF
MY DAY WAS:

MOMENTS THAT MADE
ME HAPPY THIS WEEK:

TAKE ACTION

- BE PRESENT IN TODAY:
Thanksgiving likely looks different in your household this year. Reflect on the season, the people you are with, and the present moment.

BIBLE VERSE

"Let us come into His presence with thanksgiving; let us make a joyful noise to Him with songs of praise!"
- Psalm 95:2

CONSIDER DONATING TO THE LETTER PROJECT.

We support women facing challenges & hardship with thoughtful handwritten letters.
\$10 funds one bundle for a woman in need of encouragement.

VISIT WWW.THELETTERPROJECT.ORG/GIVE

DAY FIVE

THE BEST MOMENT OF
MY DAY WAS:

MOMENTS THAT MADE
ME HAPPY THIS WEEK:

TAKE ACTION

- SPEND TIME IN PRAYER or MEDITATION. Schedule in 5-10 minutes for quiet time with a journal or your mind, and pray or meditate on what is bringing you anxiety. (Bonus: meditating on what's bringing you peace/making you happy!)

BIBLE VERSE

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.
- Philippians 4:6

THANK YOU FOR BEING A PART OF OUR COMMUNITY!

We're grateful for you - let's keep in touch!

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GRATITUDE RECAP

WHAT A WEEK! The Letter Project is overjoyed to have you in our community and to have the opportunity to share some of our favorite gratitude practices and exercises with you.

We hope that this challenge inspired you to slow down and be intentional in recognizing the little moments of each day that bring joy, encouragement, and gratitude. Even in difficult seasons and challenges, there is something to be grateful for.



So, what's next?

The Letter Project is a community of women who support women and build one another up through collaboration, shared confidence, and by spreading the love of the Lord. Our over 6,500+ letter writers rally together to support gals in need of encouragement! You can join our efforts as a letter writer or by hosting a write night, donating to our initiative, and praying for the women we serve. As always, we are rooting for you and know you can do it, sister!



Thankful for YOU!

YOU ARE BRAVE, BRILLIANT, AND OH-SO RESILIENT. THANK YOU FOR SHOWING UP FOR YOURSELF THIS WEEK AND FOR BEING A PART OF THE LETTER PROJECT. WE APPRECIATE YOU!

But seriously, thank you. We've mailed over 15,000 letters and that would not be possible without your support, action, and compassion for women worldwide. Empowered women empower women.

