

# May 2020



# WAYNE

UNC HEALTH CARE

# Gratitude Challenge

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Join us during the month of May for our [#wayneisgrateful](#) campaign! Take our challenge each day and be sure to post on social media using our hashtag to share gratitude with others.



1  
Your "quaranteam"

2  
Spending time outside

3  
Someone you're missing

4  
Something that gives you hope

5  
A local business/organization you support

6  
Something in nature

7  
Something you are looking forward to

8  
The first place you want to visit after quarantine

9  
A hobby (new or old)

10  
A moment of self-care

11  
An unsung hero

12  
Your favorite color

13  
A message you want to send to healthcare workers

14  
How you practice quiet time

15  
Something you've cleaned or organized recently

16  
Your happy dance

17  
An act of kindness

18  
Your favorite song

19  
A favorite book, magazine or podcast

20  
A favorite quote

21  
A happy memory

22  
A personal talent you possess

23  
Something you created

24  
Something beautiful you saw today

25  
A favorite snack

26  
Something you often take for granted

27  
Something you use everyday

28  
A healthy meal

29  
How you use technology

30  
A person you look up to

31  
Something you love about Wayne County