INK+VOLT GRATITUDE CHALLENGE

no. 01

Heart of the Matter

Understanding who and what makes you feel complete is key to living a grateful life. Recognizing and celebrating the sources of your happiness, courage, love, laughter, strength, and friendship is essential for a daily gratitude practice.

Identify the people, places, and things that inspire these pillars of your life.

happiness
courage
love
laughter
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strength
friendship