

ELEVATE

BY: VALKYRIE INVESTMENTS

Month 1:

GRATITUDE

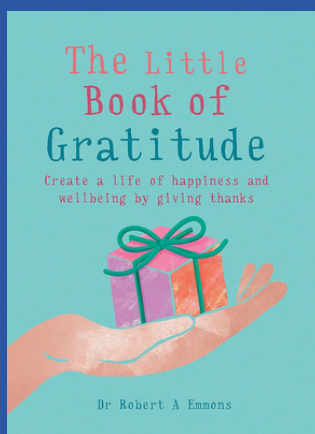
January, 2022

At Valkyrie, we are committed to education and growth, both industry-wide and personal. Each month of 2022 will focus on a theme with the goal of elevating personal and team wellness.

We are excited to kick off our Wellness Program, Elevate, with a Month of Gratitude.

Follow along for gratitude related activities, challenges, and volunteer suggestions.

Elevate your life.



We recommend pairing this month's Elevate program with [The Little Book of Gratitude](#) (pictured)

ELEVATE

GRATITUDE

Week 1

This week's intention:

Day 1

Write a Thank You letter to someone important in your life.

Day 2

Identify 3 things you work hard for in life.



Day 3

Call a close family or friend, just to check in and chat.

Day 4

Reflect. Record 3 things you are grateful for.

Day 5

Balance your personal imperfections with something you appreciate about yourself.

“Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.”

-Ralph Waldo Emerson

GRATITUDE

Week 2

This week's intention:

With all the responsibilities, struggles, and concerns we have in a day it is easy to not always notice things we enjoy around us.

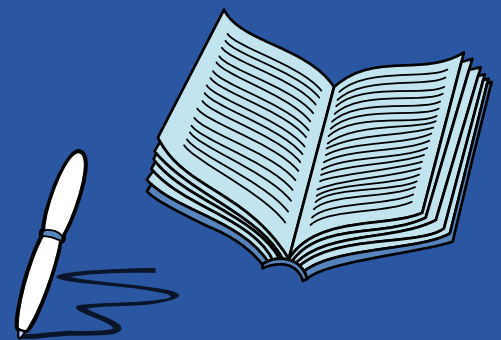
Find a notebook or piece of paper and use this as a gratitude journal. Each day, take a minute to note something that happened in your day that you are able to appreciate. Whether it is a promotion, a pretty sunset, or a friendly wave from a neighbor, take a minute to appreciate and remember it with this journal!

Note: Remember to take a minute to describe the event and why it was special for you. Maybe it reminds you of something from childhood, or it was something you have been meaning to try. Maybe you just appreciated the beauty/kindness/etc. of what happened. Tie it in to your internal self. How did it make you feel? Did it help relieve any racing or upsetting thoughts? Would you like to experience it more often? Take some time to reflect, you might be surprised how much you really gain from these simple events!

Monday Thursday

Tuesday Friday

Wednesday



ELEVATE

"Gratitude is not only the greatest of virtues, but the parent of all others."

- Marcus Tullius Cicero

GRATITUDE

Week 3

This week's intention:

I'm grateful for...

a - z

A _____

B _____

C _____

D _____

E _____

F _____

G _____

H _____

I _____

J _____

K _____

L _____

M _____

N _____

O _____

P _____

Q _____

R _____

S _____

T _____

U _____

V _____

W _____

X _____

Y _____

Z _____

ELEVATE

"In ordinary life, we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich."

- Dietrich Bonhoeffer

GRATITUDE

Week 4

This week's intention:

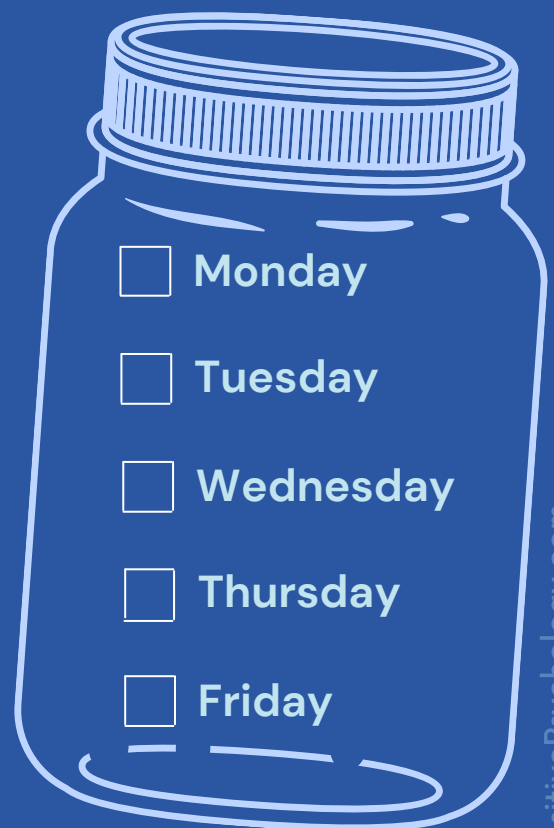
Step 1: Find a jar or box.

Step 2: Decorate the jar however you wish. You can tie a ribbon around the jar's neck, put stickers on the sides, use clear glue and glitter to make it sparkle, paint it, keep it simple, or do whatever else you can think of to make it a pleasing sight.

Step 3: This is the most important step, which will be repeated every day. Think of at least three things throughout your day that you are grateful for. It can be something as benign as a coffee at your favorite place, or as grand as the love of your significant other or dear friend. Do this every day, write down what you are grateful for on little slips of paper and fill the jar.

Over time, you will find that you have a jar full of a myriad of reasons to be thankful for what you have and enjoy the life you are living. It will also cultivate a practice of expressing thanks.

If you are ever feeling especially down and need a quick pick-me-up, take a few notes out of the jar to remind yourself of who, and what, is good in your life.



Source: PositivePsychology.com

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*"This is a wonderful day,
I have never seen this one before."*

- Maya Angelou

2022 CALENDAR

January
GRATITUDE

February
**GOAL
SETTING**

March
NUTRITION

April
**STRESS
AWARENESS**

May
**PHYSICAL
FITNESS**

June
OUTDOORS

July
**SOCIAL
WELLNESS**

August
HAPPINESS

September
MEMORY

October
**EMOTIONAL
WELLNESS**

November
ORGANIZATION

December
GIVING

Volunteer Idea: January is National Blood Donor Month. If you are able, consider donating blood via [Red Cross](#).

Thanks for joining us this month! Follow along for more.

valkyrieinvest.com/elevate



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