



## Frequently Asked Questions

### Challenge Description:

Grow Gratitude is a 4-week challenge designed to help you express gratitude on a regular basis. We all know that expressing gratitude makes us and others feel good, but it also has many health benefits. Studies show that regularly expressing gratitude can improve sleep, physical health, vitality, and energy. Grow Gratitude encourages participants to consciously express appreciation regularly and journal their thoughts weekly.

### What is the program goal?

Participants will be required to log at least 3 acts of gratitude each week of the challenge.

### How do I sign up for the Grow Gratitude Challenge?

Click on the registration link shared in the "Sign-up Today" email. Enter the required information and click submit. You will receive a confirmation email letting you know that you've successfully registered for the Grow Gratitude Challenge.

### When can I register for the challenge?

Challenge registration begins September 11, 2017. You will have through September 21, 2017 to register for Grow Gratitude.

### When does the challenge start?

The challenge begins September 25, 2017 and ends October 22, 2017. Your last day to log your acts of gratitude for week 4 will be October 23, 2017.

### How do I log my acts of gratitude to receive credit?

At the beginning of each week, you will receive a challenge email describing your focus for that week. The email will include a link to click and log your acts of gratitude. Once you click the link, you will fill in the required fields, select which acts of gratitude you completed, and click submit. Log each week's acts of gratitude at one time.

## When do I need to log my weekly acts of gratitude?

You will receive a reminder email to log that week's acts of gratitude at the end of each week. You may only submit each week's log once. Log each week's acts of gratitude at one time.

Week 1: Complete at least 3 acts of gratitude between September 25 and October 1. Complete your week 1 log by October 2.

Week 2: Complete at least 3 acts of gratitude between October 2 and October 8. Complete your week 2 log by October 9.

Week 3: Complete at least 3 acts of gratitude between October 9 and October 15. Complete your week 3 log by October 16.

Week 4: Complete at least 3 acts of gratitude between October 16 and October 22. Complete your week 4 log by October 23.

## Will I receive confirmation that my logs were submitted?

Yes, when you submit a log, you will receive a confirmation email. Make sure to select at least 3 acts of gratitude each week to receive credit.

## Is there an incentive for participating in Grow Gratitude?

Yes, participants who achieve the goal of logging at least 3 acts of gratitude each week of the challenge will receive 10 points in their ThriveOn Wellness Points Bank at [Thriveon.Staywell.com](https://Thriveon.Staywell.com) and a copy of the book: "The Happiness Project".

## Who can I contact if I need help, or have questions?

Email: [Livewell@alyfewellbeing.com](mailto:Livewell@alyfewellbeing.com) or call 1-866-668-7483.