



## Traveling to Gratitude Day 4 – Monday, August 2

*Traveling always has its challenges and today is it as we take on Challenge Mountain: This is a day to reflect on gratitude for what you have come through in the past and the challenges you are encountering today that are giving you something important, even if you wouldn't have chosen this particular gift.*

Oh boy. Get ready. The Mountain is going to challenge you in some way today. Maybe your hike is on the advanced side of the mountain or maybe your day will be on the gentle trail. Whichever path you're on today, prepare for the day wisely. Pack the right gear, bring enough water, choose high quality snacks to sustain your energy and get your mind right since gratitude is all in the perspective.

The question today will be how can you see the challenges that come your way as giving you something of value, something you are grateful to have?

Show us something about what you encountered on your hike today. Share a "pic or a postcard" on the [Gratitude message board](#)!

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