Today I am grateful for....
Stop the Spread Challenge

**Step 1:** Capture a photo of you holding up a hand-written, legible note of what you are currently thankful for. The prompt is "Today I am grateful for....."

**Step 2:** Add this caption to the photo:

#StopTheSpread #ChallengeAccepted Despite the bad news dominating our headlines, I thought I'd share what I'm most grateful for today. I am doing this to support @NomiNetwork, a nonprofit that provides economic opportunities for survivors and women at risk of human trafficking. Help me raise awareness and urgent support for vulnerable communities that lack basic necessities like food and water. Copy and paste this caption, take a photo like the above, and tag 5 people to spread more gratitude!! We are a global family, and together we can #StopTheSpread in the world's poorest regions! Learn more at bit.ly/stopthespreadtoday!

I now nominate ______ to the #StopTheSpread challenge for #NomiNetwork--You can see more examples on our Instagram page: @nominetwork