



# 30-DAY GRATITUDE CHALLENGE

Write down someone who has made a positive impact on your life.

Notice something in nature today that makes you feel grateful.

Think of a fond memory from your childhood or a past vacation.

What do you love most about where you live?

Think of a recent act of kindness you've witnessed or received.

Recall a favorite meal or comfort food and reflect on why it brings you joy.

Notice something small today that brought a smile.

Acknowledge a positive trait you're grateful to have.

Write a positive affirmation and repeat it throughout the day

Reflect on a part of your body or your health that you're grateful for.

Reflect on one of your personal strengths or talents you're grateful for.

Consider a lesson you learned, even if it was from a challenging experience.

Think of a song, artwork, or movie that inspires or uplifts you.

Recall a moment recently that made you laugh.

Write down a person who taught you something valuable.

Recognize something you accomplished today, no matter how small

When was the last time you had a peaceful moment to yourself?

Reflect on a book or movie that inspires you.

What's something that made you smile today?

Think of a place, near or far, where you feel happy or at peace.

Identify a self-care activity that leaves you feeling renewed.

What's something that always makes you feel comfortable or at peace?

Reflect on an opportunity you're grateful to have experienced.

Reflect on your accomplishments and growth

Is there a family member you're especially grateful for today?

Who are three people you can rely on?

Reach out to at least one of the people you rely on with a simple "thank you."

If you have pets or love animals, appreciate the joy they bring.

Reflect on something out of your control that you're thankful for.

Review your progress and celebrate your achievements

# Gratitude Journal

Use the space below to write your gratitude responses from the daily prompts.

DAY 1	
DAY 2	
DAY 3	
DAY 4	
DAY 5	
DAY 6	

# Gratitude Journal

DAY 7	
DAY 8	
DAY 9	
DAY 10	
DAY 11	
DAY 12	

# Gratitude Journal

DAY 13	
DAY 14	
DAY 15	
DAY 16	
DAY 17	
DAY 18	

# Gratitude Journal

DAY 19	
DAY 20	
DAY 21	
DAY 22	
DAY 23	
DAY 24	

# Gratitude Journal

DAY 25	
DAY 26	
DAY 27	
DAY 28	
DAY 29	
DAY 30	