



# 30-DAY GRATITUDE CHALLENGE

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

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Notice something in nature today that makes you feel grateful.

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

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What do you love most about where you live?

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

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

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Notice something small today that brought a smile.

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Acknowledge a positive trait you're grateful to have.

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Write a positive affirmation and repeat it throughout the day

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

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

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

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

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Recall a moment recently that made you laugh.

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Write down a person who taught you something valuable.

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Recognize something you accomplished today, no matter how small

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

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Reflect on a book or movie that inspires you.

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What's something that made you smile today?

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

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

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

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

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Reflect on your accomplishments and growth

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

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Who are three people you can rely on?

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

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

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

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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	