



30 DAY GRATITUDE Journaling challenge

TAKE A FEW MOMENTS EACH MORNING TO EXPRESS GRATITUDE

Gratitude Journal Prompts

M	T	W	T	F	S	S
Who is a friend you are thankful for?	Who made you smile in the past 24 hours and why?	What is one thing you've learned this week and are thankful for?	List 5 hobbies and activities that bring you joy?	List 5 ways you can share your gratitude with others today.	What is a family tradition that you love and are grateful for?	What do other people like about you?
What is something you have more than enough of?	What is an accomplishment in your personal life?	What is an accomplishment in your professional life?	How is your life more positive today than it was a year ago?	What is a mistake you've made that led to a positive experience?	Who is someone you've never met but has helped your life in some way?	Who is a teacher or mentor that has made an impact on your life?
List 5 things you enjoy every day.	List 5 skills you have that many people do not.	What is your favorite way to enjoy nature?	List 5 things you are looking forward to next year.	What is something that comes easily to you?	Who is someone who makes your life better?	What is a small win you had recently?
List 5 things you have now that you didn't have 5 years ago.	Who has forgiven you for a mistake?	List 5 qualities you like about your spouse, parent, sibling...	List 5 qualities you like about yourself.	Who can you always count on?	What are you grateful for when it comes to your health?	List 5 things that you take for granted.
What do you love most about your work?	What is something you get to do that many do not?	"An attitude of gratitude creates blessings." ~Sir John Templeton				