30 Days of Gratitude

Write one line each day.

Day 1 Something small that went well

Day 2 A person who helped me

Day 3 A place I feel calm

Day 4 Something I can see right now

Day 5 A skill I'm improving

Day 6 A comfort food or drink

Day 7 Something that made me laugh

Day 8 A sound I enjoy

Day 9 A kind thing I did

Day 10 A kind thing someone did

Day 11 Something my body did for me

Day 12 Something I learned

Day 13 A favorite memory

Day 14 Something I often take for granted

Day 15 A routine that supports me

Day 16 A friend or mentor

Day 17 A book, show, or song

Day 18 A recent win

Day 19 Something in nature

Day 20 Something that keeps me safe

Day 21 A helpful tool or app

Day 22 A cozy moment

Day 23 A challenge I'm handling

Day 24 Something I'm looking forward to

Day 25 A lesson from a mistake

Day 26 Something I'm proud of

Day 27 A simple pleasure

Day 28 A smell I like

Day 29 Something I'm grateful I have

Day 30 A hope for next month

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