30 Days of Gratitude

Write one line each day.

Day 1: Something small I appreciate _____

Day 2: A person who helped me _____

Day 3: A place I feel safe _____

Day 4: A simple comfort _____

Day 5: Something I can see _____

Day 6: Something I can hear _____

Day 7: Something I can taste _____

Day 8: Something I can smell _____

Day 9: Something I can touch _____

Day 10: A recent win _____

Day 11: A lesson I learned _____

Day 12: A kind moment _____

Day 13: Something that made me laugh _____

Day 14: Something in nature _____

Day 15: A skill I have _____

Day 16: A book, song, or show _____

Day 17: A memory I love _____

Day 18: A meal I enjoyed _____

Day 19: A friend I'm thankful for _____

Day 20: Something that inspires me _____

Day 21: A challenge I'm handling _____

Day 22: Something I'm looking forward to _____

Day 23: Something my body does for me _____

Day 24: Something I use every day _____

Day 25: A teacher or mentor _____

Day 26: A moment of peace _____

Day 27: Something I created _____

Day 28: A habit that helps me _____

Day 29: A part of my home _____

Day 30: Today, I'm grateful for _____

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