



30-Day GRATITUDE CHALLENGE

WORKSHEET

30-Day Gratitude Challenge

Daily prompts to help you reflect and find joy in everyday moments.

1. Something that made you smile today

2. A person you're grateful for and why

3. A challenge that made you stronger

4. A memory that brings you peace

5. Your favorite part of the day

6. Something in nature you're thankful for

7. A small comfort you enjoy daily

8. A life lesson you've learned

9. A goal you've achieved

10. A book, movie, or song that inspired you

11. A kindness you received recently

12. A personal strength you're proud of

13. Something beautiful you saw today

14. A routine or ritual you enjoy

15. Someone who makes you laugh

16. A place that feels like home

17. An accomplishment, big or small

18. Something new you tried and liked

19. A friend or loved one's quality you admire

20. A piece of advice you're thankful for

21. Something that calms your mind

22. A cozy moment you've had recently

23. Something you own that brings you joy

24. A recent conversation that warmed your heart

25. A tradition you love

26. A teacher or mentor who shaped you

27. A way you practice self-care

28. A dream or hope you're holding onto

29. A smell, sound, or taste you love

30. Something about yourself you're proud of