



# 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