

Gratitude Challenge

One question a day. Three short lines. Finish on Christmas Day.

MON	TUE	WED	THU	FRI	SAT	SUN	
HOW IT WORKS 1. Read today's question. 2. Write 3 lines in the journal (pages 2-6). 3. Colour a circle. One line counts as a full day.			1 NOV 26 · SMALL THINGS A taste you enjoyed today ☐ 3 LINES ☐ 1 LINE	2 NOV 27 · SMALL THINGS Something at home that makes life easier ☐ 3 LINES ☐ 1 LINE	3 NOV 28 · SMALL THINGS A sound you love ☐ 3 LINES ☐ 1 LINE	4 NOV 29 · SMALL THINGS Something warm ☐ 3 LINES ☐ 1 LINE	
5 NOV 30 · SMALL THINGS A small thing that went right ☐ 3 LINES ☐ 1 LINE	6 DEC 1 · SMALL THINGS Something beautiful outside ☐ 3 LINES ☐ 1 LINE	7 DEC 2 · SMALL THINGS What your body did for you today ☐ 3 LINES ☐ 1 LINE	8 DEC 3 · PEOPLE Someone who made you laugh ☐ 3 LINES ☐ 1 LINE	9 DEC 4 · PEOPLE Someone who taught you something ☐ 3 LINES ☐ 1 LINE	10 DEC 5 · PEOPLE A stranger's kindness ☐ 3 LINES ☐ 1 LINE	11 DEC 6 · PEOPLE Someone you can call anytime ☐ 3 LINES ☐ 1 LINE	
12 DEC 7 · PEOPLE Thank someone out loud ☐ 3 LINES ☐ 1 LINE	13 DEC 8 · PEOPLE Who haven't you thanked yet? ☐ 3 LINES ☐ 1 LINE	14 DEC 9 · PEOPLE Write a gratitude letter (page 7) ☐ 3 LINES ☐ 1 LINE	15 DEC 10 · YOU A strength you have ☐ 3 LINES ☐ 1 LINE	16 DEC 11 · YOU Something new you learned this year ☐ 3 LINES ☐ 1 LINE	17 DEC 12 · YOU A hard thing you got through ☐ 3 LINES ☐ 1 LINE	18 DEC 13 · YOU A choice that turned out right ☐ 3 LINES ☐ 1 LINE	
19 DEC 14 · YOU A habit that helps you ☐ 3 LINES ☐ 1 LINE	20 DEC 15 · YOU Something you're proud of ☐ 3 LINES ☐ 1 LINE	21 DEC 16 · YOU Something to let go of, with thanks ☐ 3 LINES ☐ 1 LINE	22 DEC 17 · THE YEAR The best day of this year ☐ 3 LINES ☐ 1 LINE	23 DEC 18 · THE YEAR A place that felt good ☐ 3 LINES ☐ 1 LINE	24 DEC 19 · THE YEAR A book, film or song that helped ☐ 3 LINES ☐ 1 LINE	25 DEC 20 · THE YEAR Something that surprised you ☐ 3 LINES ☐ 1 LINE	
26 DEC 21 · THE YEAR A problem that turned into something good ☐ 3 LINES ☐ 1 LINE	27 DEC 22 · THE YEAR Something ordinary you'd miss ☐ 3 LINES ☐ 1 LINE	28 DEC 23 · THE YEAR Someone who believed in you ☐ 3 LINES ☐ 1 LINE	29 DEC 24 · FINISH What you hope to thank next year for ☐ 3 LINES ☐ 1 LINE	30 DEC 25 · FINISH Read all 29 days. Thank yourself. ☐ 3 LINES ☐ 1 LINE	Finish line 30 days of good things, written down. Read them all on Dec 25.		

Both circles count the same. Missed a day? Just answer today's question. Miss once, never twice.

Gratitude Journal

Be specific: not “my friends”, but “Anna drove over with medicine”.

DAY 1 · NOV 26

A taste you enjoyed today

DAY 2 · NOV 27

Something at home that makes life easier

DAY 3 · NOV 28

A sound you love

DAY 4 · NOV 29

Something warm

DAY 5 · NOV 30

A small thing that went right

DAY 6 · DEC 1

Something beautiful outside

Gratitude Journal

Be specific: not “my friends”, but “Anna drove over with medicine”.

DAY 7 · DEC 2

What your body did for you today

DAY 8 · DEC 3

Someone who made you laugh

DAY 9 · DEC 4

Someone who taught you something

DAY 10 · DEC 5

A stranger's kindness

DAY 11 · DEC 6

Someone you can call anytime

DAY 12 · DEC 7

Thank someone out loud

Gratitude Journal

Be specific: not “my friends”, but “Anna drove over with medicine”.

DAY 13 · DEC 8

Who haven't you thanked yet?

DAY 14 · DEC 9

Write a gratitude letter (page 7)

DAY 15 · DEC 10

A strength you have

DAY 16 · DEC 11

Something new you learned this year

DAY 17 · DEC 12

A hard thing you got through

DAY 18 · DEC 13

A choice that turned out right

Gratitude Journal

Be specific: not “my friends”, but “Anna drove over with medicine”.

DAY 19 · DEC 14

A habit that helps you

DAY 20 · DEC 15

Something you're proud of

DAY 21 · DEC 16

Something to let go of, with thanks

DAY 22 · DEC 17

The best day of this year

DAY 23 · DEC 18

A place that felt good

DAY 24 · DEC 19

A book, film or song that helped

Gratitude Journal

Be specific: not “my friends”, but “Anna drove over with medicine”.

DAY 25 · DEC 20

Something that surprised you

DAY 26 · DEC 21

A problem that turned into something good

DAY 27 · DEC 22

Something ordinary you'd miss

DAY 28 · DEC 23

Someone who believed in you

DAY 29 · DEC 24

What you hope to thank next year for

DAY 30 · DEC 25

Read all 29 days. Thank yourself.

A Gratitude Letter

To someone you never properly thanked. Sending it is optional. Reading it to them in person is the strongest version.

Dear

With thanks, _____

On December 25

Three good things I'd never have noticed

Who I'll thank in person

One thing I'll keep doing in January