

30 DAYS OF GRATITUDE · NOV 26 – DEC 25, 2026

30 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 doesn't cancel the hard things. It sits next to them.

harder.pro/blog

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
_____	_____	_____
_____	_____	_____