

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 as much as you like in the journal (pages 2–16). 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 17) ☐ 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.

Take your time. Write until you have nothing left to say.

DAY 1 • NOV 26 • SMALL THINGS

A taste you enjoyed today

What exactly? · Why does it matter to you? · How did it feel?

ONE WORD FOR TODAY _____

DAY 2 • NOV 27 • SMALL THINGS

Something at home that makes life easier

What exactly? · Why does it matter to you? · How did it feel?

ONE WORD FOR TODAY _____

Take your time. Write until you have nothing left to say.

DAY 3 · NOV 28 · SMALL THINGS

A sound you love

What exactly? · Why does it matter to you? · How did it feel?

ONE WORD FOR TODAY

DAY 4 • NOV 29 • SMALL THINGS

Something warm

What exactly? · Why does it matter to you? · How did it feel?

ONE WORD FOR TODAY _____

A small thing that went right

What exactly? · Why does it matter to you? · How did it feel?

ONE WORD FOR TODAY _____

Something beautiful outside

What exactly? · Why does it matter to you? · How did it feel?

ONE WORD FOR TODAY _____

Gratitude Journal

Take your time. Write until you have nothing left to say.

DAY 7 · DEC 2 · SMALL THINGS

What your body did for you today

What exactly? · Why does it matter to you? · How did it feel?

ONE WORD FOR TODAY _____

DAY 8 · DEC 3 · PEOPLE

Someone who made you laugh

What exactly? · Why does it matter to you? · How did it feel?

ONE WORD FOR TODAY _____

Gratitude Journal

Take your time. Write until you have nothing left to say.

DAY 9 · DEC 4 · PEOPLE

Someone who taught you something

What exactly? · Why does it matter to you? · How did it feel?

ONE WORD FOR TODAY

DAY 10 · DEC 5 · PEOPLE

A stranger's kindness

What exactly? · Why does it matter to you? · How did it feel?

ONE WORD FOR TODAY

Take your time. Write until you have nothing left to say.

DAY 11 • DEC 6 • PEOPLE

Someone you can call anytime

What exactly? · Why does it matter to you? · How did it feel?

ONE WORD FOR TODAY

DAY 12 · DEC 7 · PEOPLE

Thank someone out loud

What exactly? · Why does it matter to you? · How did it feel?

ONE WORD FOR TODAY _____

Who haven't you thanked yet?

What exactly? · Why does it matter to you? · How did it feel?

ONE WORD FOR TODAY _____

Write a gratitude letter (page 17)

What exactly? · Why does it matter to you? · How did it feel?

ONE WORD FOR TODAY _____

Gratitude Journal

Take your time. Write until you have nothing left to say.

DAY 15 · DEC 10 · YOU

A strength you have

What exactly? · Why does it matter to you? · How did it feel?

ONE WORD FOR TODAY _____

DAY 16 · DEC 11 · YOU

Something new you learned this year

What exactly? · Why does it matter to you? · How did it feel?

ONE WORD FOR TODAY _____

Take your time. Write until you have nothing left to say.

DAY 17 • DEC 12 • YOU

A hard thing you got through

What exactly? · Why does it matter to you? · How did it feel?

ONE WORD FOR TODAY _____

DAY 18 • DEC 13 • YOU

A choice that turned out right

What exactly? · Why does it matter to you? · How did it feel?

ONE WORD FOR TODAY

Take your time. Write until you have nothing left to say.

DAY 19 • DEC 14 • YOU

A habit that helps you

What exactly? · Why does it matter to you? · How did it feel?

ONE WORD FOR TODAY _____

DAY 20 • DEC 15 • YOU

Something you're proud of

What exactly? · Why does it matter to you? · How did it feel?

ONE WORD FOR TODAY _____

Take your time. Write until you have nothing left to say.

DAY 21 · DEC 16 · YOU

Something to let go of, with thanks

What exactly? · Why does it matter to you? · How did it feel?

ONE WORD FOR TODAY _____

DAY 22 · DEC 17 · THE YEAR

The best day of this year

What exactly? · Why does it matter to you? · How did it feel?

ONE WORD FOR TODAY _____

Gratitude Journal

Take your time. Write until you have nothing left to say.

DAY 23 · DEC 18 · THE YEAR

A place that felt good

What exactly? · Why does it matter to you? · How did it feel?

ONE WORD FOR TODAY _____

DAY 24 · DEC 19 · THE YEAR

A book, film or song that helped

What exactly? · Why does it matter to you? · How did it feel?

ONE WORD FOR TODAY _____

Gratitude Journal

Take your time. Write until you have nothing left to say.

DAY 25 · DEC 20 · THE YEAR

Something that surprised you

What exactly? · Why does it matter to you? · How did it feel?

ONE WORD FOR TODAY _____

DAY 26 · DEC 21 · THE YEAR

A problem that turned into something good

What exactly? · Why does it matter to you? · How did it feel?

ONE WORD FOR TODAY _____

Gratitude Journal

Take your time. Write until you have nothing left to say.

DAY 27 · DEC 22 · THE YEAR

Something ordinary you'd miss

What exactly? · Why does it matter to you? · How did it feel?

ONE WORD FOR TODAY

DAY 28 · DEC 23 · THE YEAR

Someone who believed in you

What exactly? · Why does it matter to you? · How did it feel?

ONE WORD FOR TODAY

Take your time. Write until you have nothing left to say.

DAY 29 · DEC 24 · FINISH

What you hope to thank next year for

What exactly? · Why does it matter to you? · How did it feel?

ONE WORD FOR TODAY _____

DAY 30 • DEC 25 • FINISH

Read all 29 days. Thank yourself.

What exactly? · Why does it matter to you? · How did it feel?

ONE WORD FOR TODAY

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