

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 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.

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

harder.pro/blog

JOURNAL · 2/17

Gratitude Journal

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 _____

JOURNAL · 3/17

Gratitude Journal

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 _____

JOURNAL · 4/17

Gratitude Journal

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

DAY 5 · NOV 30 · SMALL THINGS

A small thing that went right

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

ONE WORD FOR TODAY _____

DAY 6 · DEC 1 · SMALL THINGS

Something beautiful outside

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

ONE WORD FOR TODAY _____

JOURNAL · 5/17

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 _____

JOURNAL · 6/17

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 _____

JOURNAL · 7/17

Gratitude Journal

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 _____

JOURNAL · 8/17

Gratitude Journal

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

DAY 13 · DEC 8 · PEOPLE

Who haven't you thanked yet?

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

ONE WORD FOR TODAY _____

DAY 14 · DEC 9 · PEOPLE

Write a gratitude letter (page 17)

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

ONE WORD FOR TODAY _____

JOURNAL · 9/17

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 _____

JOURNAL · 10/17

Gratitude Journal

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 _____

JOURNAL · 11/17

Gratitude Journal

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 _____

JOURNAL · 12/17

Gratitude Journal

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 _____

JOURNAL · 13/17

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 _____

JOURNAL · 14/17

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 _____

JOURNAL · 15/17

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 _____

JOURNAL · 16/17

Gratitude Journal

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 _____

Dear