

30 PROMPTS · START ANY DAY

30 Gratitude Journal

One prompt a day. Write as much as you like. Start on any day of the year.

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.

START DATE _____

FINISH LINE DATE _____

1

SMALL THINGS

A taste you enjoyed today

☐ 3 LINES
☐ 1 LINE

2

SMALL THINGS

Something at home that makes life easier

☐ 3 LINES
☐ 1 LINE

3

SMALL THINGS

A sound you love

☐ 3 LINES
☐ 1 LINE

4

SMALL THINGS

Something warm

☐ 3 LINES
☐ 1 LINE

5

SMALL THINGS

A small thing that went right

☐ 3 LINES
☐ 1 LINE

6

SMALL THINGS

Something beautiful outside

☐ 3 LINES
☐ 1 LINE

7

SMALL THINGS

What your body did for you today

☐ 3 LINES
☐ 1 LINE

8

PEOPLE

Someone who made you laugh

☐ 3 LINES
☐ 1 LINE

9

PEOPLE

Someone who taught you something

☐ 3 LINES
☐ 1 LINE

10

PEOPLE

A stranger's kindness

☐ 3 LINES
☐ 1 LINE

11

PEOPLE

Someone you can call anytime

☐ 3 LINES
☐ 1 LINE

12

PEOPLE

Thank someone out loud

☐ 3 LINES
☐ 1 LINE

13

PEOPLE

Who haven't you thanked yet?

☐ 3 LINES
☐ 1 LINE

14

PEOPLE

Write a gratitude letter (page 17)

☐ 3 LINES
☐ 1 LINE

15

YOU

A strength you have

☐ 3 LINES
☐ 1 LINE

16

YOU

Something new you learned this year

☐ 3 LINES
☐ 1 LINE

17

YOU

A hard thing you got through

☐ 3 LINES
☐ 1 LINE

18

YOU

A choice that turned out right

☐ 3 LINES
☐ 1 LINE

19

YOU

A habit that helps you

☐ 3 LINES
☐ 1 LINE

20

YOU

Something you're proud of

☐ 3 LINES
☐ 1 LINE

21

YOU

Something to let go of, with thanks

☐ 3 LINES
☐ 1 LINE

22

THE YEAR

The best day of this year

☐ 3 LINES
☐ 1 LINE

23

THE YEAR

A place that felt good

☐ 3 LINES
☐ 1 LINE

24

THE YEAR

A book, film or song that helped

☐ 3 LINES
☐ 1 LINE

25

THE YEAR

Something that surprised you

☐ 3 LINES
☐ 1 LINE

26

THE YEAR

A problem that turned into something good

☐ 3 LINES
☐ 1 LINE

27

THE YEAR

Something ordinary you'd miss

☐ 3 LINES
☐ 1 LINE

28

THE YEAR

Someone who believed in you

☐ 3 LINES
☐ 1 LINE

29

FINISH

What you hope to thank next year for

☐ 3 LINES
☐ 1 LINE

30

FINISH

Read all 29 days. Thank yourself.

☐ 3 LINES
☐ 1 LINE

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 · 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 · 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 · SMALL THINGS

A sound you love

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

ONE WORD FOR TODAY _____

DAY 4 · 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 · 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 · 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 · 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 · 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 · PEOPLE

Someone who taught you something

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

ONE WORD FOR TODAY _____

DAY 10 · 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 · PEOPLE

Someone you can call anytime

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

ONE WORD FOR TODAY _____

DAY 12 · PEOPLE

Thank someone out loud

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 13 · 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 · 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 · YOU

A strength you have

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

ONE WORD FOR TODAY _____

DAY 16 · 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 · 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 · 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 · YOU

A habit that helps you

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

ONE WORD FOR TODAY _____

DAY 20 · 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 · 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 · 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 · 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 · 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 · THE YEAR

Something that surprised you

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

ONE WORD FOR TODAY _____

DAY 26 · 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 · 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 · 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 · 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 · FINISH

Read all 29 days. Thank yourself.

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

ONE WORD FOR TODAY _____

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

Dear

With thanks, _____

On Day 30

Three good things I'd never have noticed

Who I'll thank in person

One thing I'll keep doing next month