The Gratitude Journal

Hewesfamilyfun_

30-Day Gratitude Challenge

Day 1 Write down 3 things you're grateful for today.	**Day 2** Send a message of appreciation to someone.	**Day 3** Notice something beautiful around you and describe it.	**Day 4** Give a genuine compliment to a stranger.	**Day 5** Be grateful for a routine that makes your life easier.
Day 6 Write about a challenge that taught you something valuable.	**Day 7** List 5 things you often take for granted.	**Day 8** Do a small act of kindness for someone.	**Day 9** Appreciate something about your personality.	**Day 10** Leave a positive note for someone to find.
Day 11 Be grateful for a place that makes you feel calm.	**Day 12** Reflect on someone who has inspired you.	**Day 13** Do something that makes you feel proud.	**Day 14** Write about a happy memory.	**Day 15** Be grateful for a mistake that helped you grow.
Day 16 Give someone your full attention today.	**Day 17** Write down something about your health you appreciate.	**Day 18** Donate, share or give something you no longer use.	**Day 19** Make a list of 10 simple joys in your life.	**Day 20** Be grateful for the food you eat today.
Day 21 Reconnect with someone you care about.	**Day 22** Celebrate a personal strength.	**Day 23** Do something kind for your future self.	**Day 24** Say "thank you" out loud at least 5 times today.	**Day 55** Write about someone who supports you.
Day 26 Spend 10 minutes noticing things that make you feel peaceful.	**Day 27** Be grateful for something that made you laugh recently.	**Day 28** Think of 3 people who shaped who you are.	**Day 29** Take a gratitude-focused walk and observe your surroundings.	**Day 30** Write a gratitude letter to yourself.

My Daily Gratitude JOURNAL

DATE:_____

GRATITUDE

JOY

HIGHLIGHTS

LESSONS

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Gratitude Jar

In the jar below, please write down everything you are thankful for!



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Gratitude Month Word Search

E A R A V F C F C I D I K T G T A K
N C T E P O R T H A N K F U L H C I
C O O H L P L I V K D E Q M F A K N
O M E M O A R U E M E G N D U N N D
U P X Y P U T E N N B N R G O K O N
R A C I Y L G I C T D H Y T A S W E
A S I F U R I H O I E S L M S G L S
G S T V E A N M T N A E H U C I E S
E I E M Q D B D E F S T R I S V D D
S O D F K A J O I N U H I I P I G R
L N G R A T E F U L T L I O N N E L
Q N B H A P P I N E S S S P N G S R

Find the following words in the puzzle.
Words are hidden → and ↓ and ↘

ACKNOWLEDGE
APPRECIATION
COMPASSION
COMPLIMENT
ENCOURAGE
ENGAGED
EXCITED
FRIENDSHIP
GRATEFUL
HAPPINESS
KINDNESS
RELATIONSHIP
THANKFUL
THANKSGIVING
THOUGHTFUL
VOLUNTEERING

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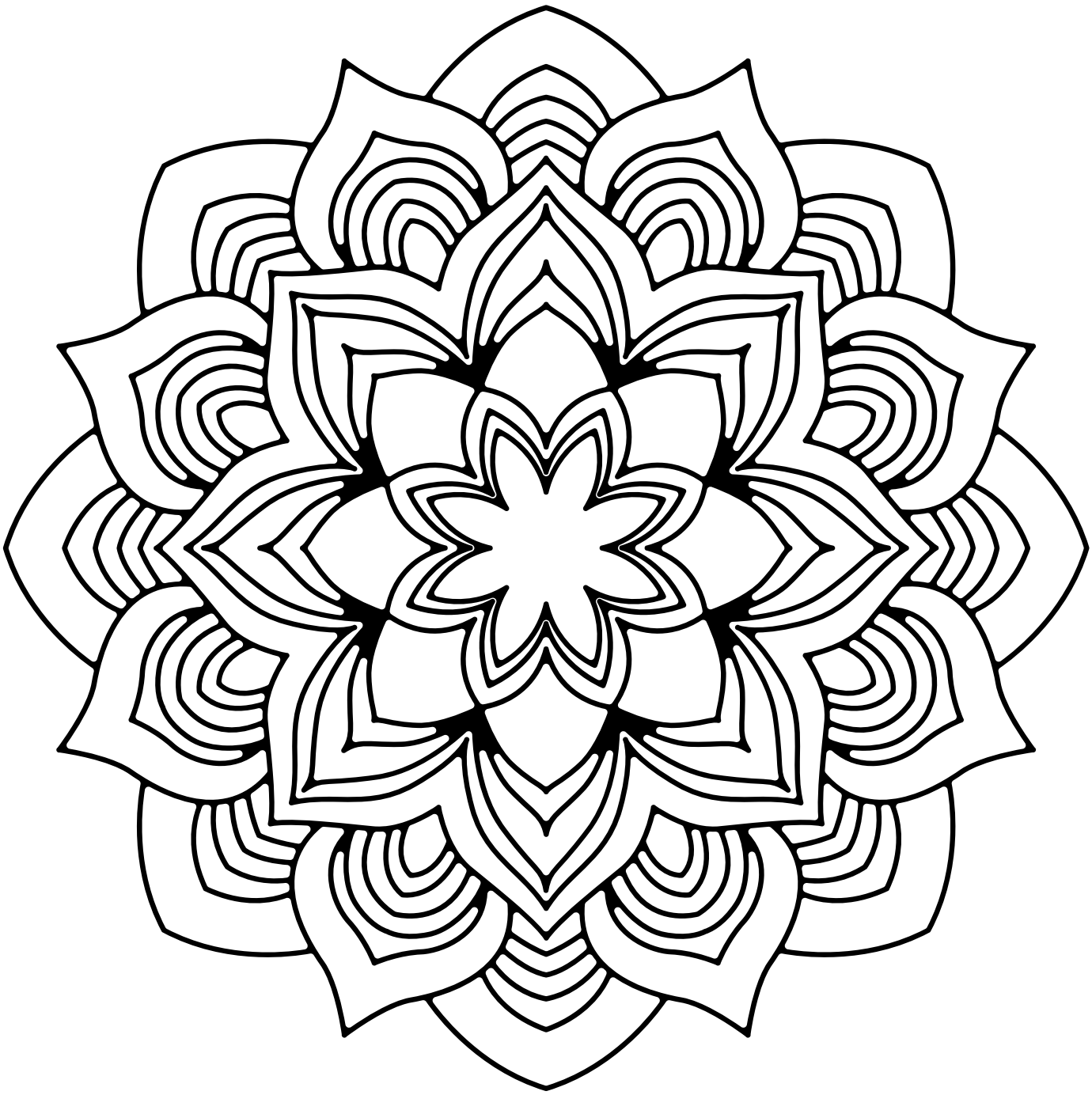
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Coloring Break



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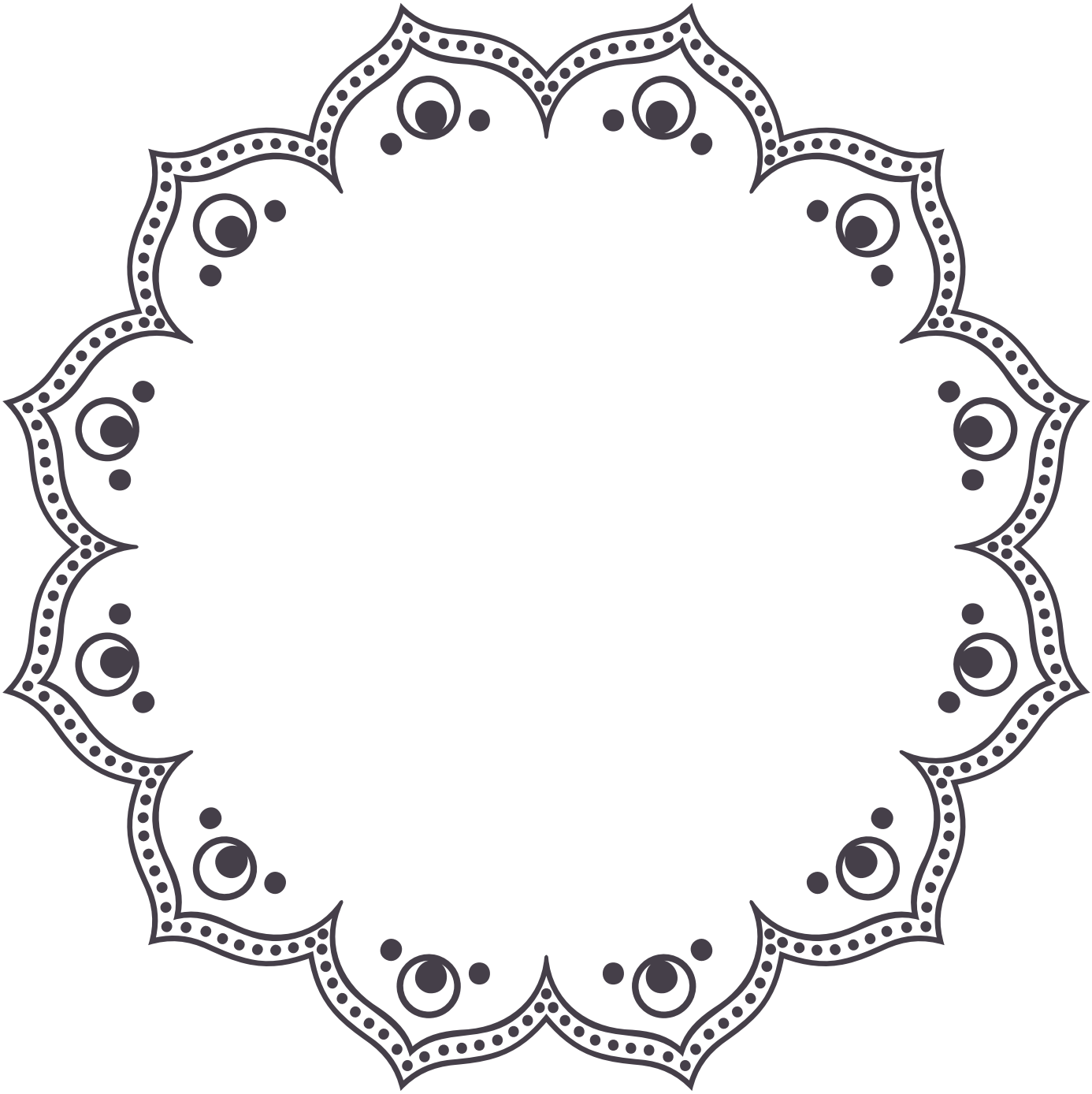
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Finish the Drawing



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Finish the Other Half

