

30 DAY GRATITUDE *challenge*



30 daily journaling prompts for november

In this season, it's easy to get caught up in the hustle and bustle and to lose the peace and joy...may this challenge help us all stay grounded in what matters most. Enjoy! Nancy Nino

30 DAY GRATITUDE challenge

NOVEMBER 2024

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



30 DAY GRATITUDE

challenge

1. Reflect on three things you're grateful for about your family
2. Write about a recent accomplishment that you're proud of
3. Describe three people in your life who bring you joy and gratitude
4. Write about a place that you feel grateful to have visited.
5. Think about a skill or talent you possess that you're grateful for.
6. What is a favorite book or piece of art that you are thankful to have experienced?
7. Write about a moment from your childhood that fills you with gratitude.
8. List three aspects of your physical health that you appreciate.
9. Reflect on a friend who has supported you, and why you're thankful for them.
10. Write down something in nature that you find beautiful and are grateful for.
11. Consider a recent kindness shown to you and express your gratitude.
12. Write about a teacher or mentor who has positively influenced your life.
13. What's a cozy or comforting item or activity that brings you gratitude?
14. List three things about your job or career that you're thankful for.
15. Reflect on a challenge you've overcome and how it's made you stronger.
16. Write about a specific food or meal that you savor and are grateful for.
17. Consider a technological advancement that has improved your life.
18. List three qualities about yourself that you're grateful for.
19. Reflect on a historical figure who inspires gratitude in you.
20. Write about a moment when you felt proud of your resilience.
21. What's a hobby or interest that brings you joy and gratitude?
22. List three ways in which you can give back to your community.
23. Reflect on a favorite vacation or travel experience that you're thankful for.
24. Write about a personal possession that holds sentimental value.
25. Consider a family tradition that you cherish and are grateful for.
26. List three ways in which you can practice self-care and be grateful for your well-being.
27. Reflect on a lesson you've learned from a past mistake or failure.
28. Write about a cultural event or celebration that you appreciate.
29. What's a personal accomplishment that you're grateful to have achieved?
30. Consider the present moment and express gratitude for the here and now.



***I don't believe in waiting
for great feelings. I need
to wire myself for
positivity and gratitude.
I need to build a
highway to those.
~Tony Robbins***

DAY 1

date

Reflect on three things you're grateful for about your family



DAY 2

date _____

Write about a recent accomplishment that you're proud of

Lined writing area consisting of multiple horizontal dotted lines.



DAY 3

date _____

Describe three people in your life who bring you joy and gratitude



DAY 7

date

Write about a moment from your childhood that fills you with gratitude

Handwriting practice area consisting of multiple sets of horizontal dotted lines for writing.



DAY 8

date _____

List three aspects of your physical health that you appreciate



DAY 9

date

Reflect on a friend who has supported you, and why you're thankful for them

A series of horizontal dotted lines for writing.



DAY 10

date _____

Write down something in nature you find beautiful and are grateful for



DAY 11

date _____

Consider a recent kindness shown to you and express your gratitude



DAY 12

date

Write about a teacher or mentor who has positively influenced your life

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DAY 14

date

List three things about your job or career that you're thankful for

(This area contains horizontal dotted lines for writing.)



DAY 15

date

Reflect on a challenge you've overcome and how it's made you stronger

Handwriting practice lines consisting of a solid top line, a dashed middle line, and a solid bottom line. There are 18 such lines available for writing.



DAY 16

date

Write about a specific food or meal that you savor and are grateful for

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DAY 17

date

Consider a technological advancement that has improved your life

Handwriting practice lines consisting of 20 horizontal dotted lines.



DAY 18

date _____

List three qualities about yourself that you're grateful for

Lined area for writing the three qualities.



DAY 20

date

Write about a moment when you felt proud of your resilience

Lined writing area with horizontal dotted lines for text entry.



DAY 21

date

What's a hobby or interest that brings you joy and gratitude?

A series of horizontal dotted lines for writing.



DAY 23

date _____

Reflect on a favorite vacation or travel experience that you're thankful for



DAY 24

date _____

Write about a personal possession that holds sentimental value



DAY 25

date _____

Consider a family tradition that you cherish and are grateful for



DAY 26

date _____

List three ways in which you can practice self-care and be grateful for your well-being



DAY 28

date _____

Write about a cultural event or celebration that you appreciate



DAY 29

date _____

What's a personal accomplishment that you're grateful to have achieved?

Handwriting lines for the journal entry, consisting of multiple sets of dotted lines between solid top and bottom lines.



DAY 30

date _____

Consider the present moment and express gratitude for the here and now

