



My 30-Day Gratitude Journal

Train your attention to notice what's going right, one small moment at a time.

Our minds are wired to spot problems first. It's how we stay safe. But when that's all we notice, life can start to feel heavier than it really is. Gratitude practice gently widens the lens. Research links it with better mood, sleep and relationships, and lower stress.

How to use this journal

- **A few minutes a day:** pick a regular time, like just before bed or with your morning tea.
- **Go specific, not general:** "My sister called just to check on me" works better than "I'm grateful for family."
- **Small counts:** a warm meal, a cool breeze, a bus that came on time. These are all worth writing.
- **Notice the why:** asking why something happened helps the good feeling sink in.
- **No pressure:** on hard days, one line is enough. Gratitude doesn't mean pretending everything is fine.

Why I'm starting this journal

What would I like to feel or notice more of?

Things I often take for granted

People who make my life better



Day 1

Pause, look back over your day, and write down what was good.

Date: _____

Mood today: low ○ ○ ○ ○ ○ high

Today's prompt

What's something you use every day that makes life easier?

Three good things today

1, 2, 3, and why did each one happen?

Someone I'm thankful for

What did they do?

A small joy I noticed

A sight, sound, taste or moment

Something I appreciate about myself

Tomorrow I'm looking forward to



Day 2

Pause, look back over your day, and write down what was good.

Date: _____

Mood today: low ○ ○ ○ ○ ○ high

Today's prompt

Who made you smile recently, and how?

Three good things today

1, 2, 3, and why did each one happen?

Someone I'm thankful for

What did they do?

A small joy I noticed

A sight, sound, taste or moment

Something I appreciate about myself

Tomorrow I'm looking forward to



Day 3

Pause, look back over your day, and write down what was good.

Date: _____

Mood today: low ○ ○ ○ ○ ○ high

Today's prompt

What's a place where you feel calm and safe?

Three good things today

1, 2, 3, and why did each one happen?

Someone I'm thankful for

What did they do?

A small joy I noticed

A sight, sound, taste or moment

Something I appreciate about myself

Tomorrow I'm looking forward to



Day 4

Pause, look back over your day, and write down what was good.

Date: _____

Mood today: low ○ ○ ○ ○ ○ high

Today's prompt

What's a skill or ability you're glad you have?

Three good things today

1, 2, 3, and why did each one happen?

Someone I'm thankful for

What did they do?

A small joy I noticed

A sight, sound, taste or moment

Something I appreciate about myself

Tomorrow I'm looking forward to



Day 5

Pause, look back over your day, and write down what was good.

Date: _____

Mood today: low ○ ○ ○ ○ ○ high

Today's prompt

Describe a meal you really enjoyed. What made it special?

Three good things today

1, 2, 3, and why did each one happen?

Someone I'm thankful for

What did they do?

A small joy I noticed

A sight, sound, taste or moment

Something I appreciate about myself

Tomorrow I'm looking forward to



Day 6

Pause, look back over your day, and write down what was good.

Date: _____

Mood today: low ○ ○ ○ ○ ○ high

Today's prompt

What's something about your body you're thankful for today?

Three good things today

1, 2, 3, and why did each one happen?

Someone I'm thankful for

What did they do?

A small joy I noticed

A sight, sound, taste or moment

Something I appreciate about myself

Tomorrow I'm looking forward to



Day 7

Pause, look back over your day, and write down what was good.

Date: _____

Mood today: low ○ ○ ○ ○ ○ high

Today's prompt

Which teacher, mentor or elder shaped who you are?

Three good things today

1, 2, 3, and why did each one happen?

Someone I'm thankful for

What did they do?

A small joy I noticed

A sight, sound, taste or moment

Something I appreciate about myself

Tomorrow I'm looking forward to



Week 1 Reflection

Look back at your entries and notice the patterns.

The best moments of my week

People who showed up for me

How I showed up for others

A challenge this week, and something good that came from it

A lesson, a strength I found, help I received

What I noticed about my mood on the days I wrote

One kind thing I'll do for someone next week



Day 8

Pause, look back over your day, and write down what was good.

Date: _____

Mood today: low ○ ○ ○ ○ ○ high

Today's prompt

What's a small comfort you often overlook?

Three good things today

1, 2, 3, and why did each one happen?

Someone I'm thankful for

What did they do?

A small joy I noticed

A sight, sound, taste or moment

Something I appreciate about myself

Tomorrow I'm looking forward to



Day 9

Pause, look back over your day, and write down what was good.

Date: _____

Mood today: low ○ ○ ○ ○ ○ high

Today's prompt

Recall a time someone helped you when you needed it.

Three good things today

1, 2, 3, and why did each one happen?

Someone I'm thankful for

What did they do?

A small joy I noticed

A sight, sound, taste or moment

Something I appreciate about myself

Tomorrow I'm looking forward to



Day 10

Pause, look back over your day, and write down what was good.

Date: _____

Mood today: low ○ ○ ○ ○ ○ high

Today's prompt

What's something in nature you noticed today?

Three good things today

1, 2, 3, and why did each one happen?

Someone I'm thankful for

What did they do?

A small joy I noticed

A sight, sound, taste or moment

Something I appreciate about myself

Tomorrow I'm looking forward to



Day 11

Pause, look back over your day, and write down what was good.

Date: _____

Mood today: low ○ ○ ○ ○ ○ high

Today's prompt

What song, book or film lifts your mood? Why?

Three good things today

1, 2, 3, and why did each one happen?

Someone I'm thankful for

What did they do?

A small joy I noticed

A sight, sound, taste or moment

Something I appreciate about myself

Tomorrow I'm looking forward to



Day 12

Pause, look back over your day, and write down what was good.

Date: _____

Mood today: low ○ ○ ○ ○ ○ high

Today's prompt

What's a challenge that helped you grow?

Three good things today

1, 2, 3, and why did each one happen?

Someone I'm thankful for

What did they do?

A small joy I noticed

A sight, sound, taste or moment

Something I appreciate about myself

Tomorrow I'm looking forward to



Day 13

Pause, look back over your day, and write down what was good.

Date: _____

Mood today: low ○ ○ ○ ○ ○ high

Today's prompt

Who in your family are you grateful for, and why?

Three good things today

1, 2, 3, and why did each one happen?

Someone I'm thankful for

What did they do?

A small joy I noticed

A sight, sound, taste or moment

Something I appreciate about myself

Tomorrow I'm looking forward to



Day 14

Pause, look back over your day, and write down what was good.

Date: _____

Mood today: low ○ ○ ○ ○ ○ high

Today's prompt

What's something you're looking forward to?

Three good things today

1, 2, 3, and why did each one happen?

Someone I'm thankful for

What did they do?

A small joy I noticed

A sight, sound, taste or moment

Something I appreciate about myself

Tomorrow I'm looking forward to



Week 2 Reflection

Look back at your entries and notice the patterns.

The best moments of my week

People who showed up for me

How I showed up for others

A challenge this week, and something good that came from it

A lesson, a strength I found, help I received

What I noticed about my mood on the days I wrote

One kind thing I'll do for someone next week



Day 15

Pause, look back over your day, and write down what was good.

Date: _____

Mood today: low ○ ○ ○ ○ ○ high

Today's prompt

What made today a little easier than it could have been?

Three good things today

1, 2, 3, and why did each one happen?

Someone I'm thankful for

What did they do?

A small joy I noticed

A sight, sound, taste or moment

Something I appreciate about myself

Tomorrow I'm looking forward to



Day 16

Pause, look back over your day, and write down what was good.

Date: _____

Mood today: low ○ ○ ○ ○ ○ high

Today's prompt

Write about a friend who truly gets you.

Three good things today

1, 2, 3, and why did each one happen?

Someone I'm thankful for

What did they do?

A small joy I noticed

A sight, sound, taste or moment

Something I appreciate about myself

Tomorrow I'm looking forward to



Day 17

Pause, look back over your day, and write down what was good.

Date: _____

Mood today: low ○ ○ ○ ○ ○ high

Today's prompt

What's a mistake that taught you something valuable?

Three good things today

1, 2, 3, and why did each one happen?

Someone I'm thankful for

What did they do?

A small joy I noticed

A sight, sound, taste or moment

Something I appreciate about myself

Tomorrow I'm looking forward to



Day 18

Pause, look back over your day, and write down what was good.

Date: _____

Mood today: low ○ ○ ○ ○ high

Today's prompt

What freedom or opportunity do you have that others may not?

Three good things today

1, 2, 3, and why did each one happen?

Someone I'm thankful for

What did they do?

A small joy I noticed

A sight, sound, taste or moment

Something I appreciate about myself

Tomorrow I'm looking forward to



Day 19

Pause, look back over your day, and write down what was good.

Date: _____

Mood today: low ○ ○ ○ ○ ○ high

Today's prompt

What's a happy childhood memory?

Three good things today

1, 2, 3, and why did each one happen?

Someone I'm thankful for

What did they do?

A small joy I noticed

A sight, sound, taste or moment

Something I appreciate about myself

Tomorrow I'm looking forward to



Day 20

Pause, look back over your day, and write down what was good.

Date: _____

Mood today: low ○ ○ ○ ○ ○ high

Today's prompt

What about your home are you grateful for?

Three good things today

1, 2, 3, and why did each one happen?

Someone I'm thankful for

What did they do?

A small joy I noticed

A sight, sound, taste or moment

Something I appreciate about myself

Tomorrow I'm looking forward to



Day 21

Pause, look back over your day, and write down what was good.

Date: _____

Mood today: low ○ ○ ○ ○ ○ high

Today's prompt

Who is someone you've never properly thanked?

Three good things today

1, 2, 3, and why did each one happen?

Someone I'm thankful for

What did they do?

A small joy I noticed

A sight, sound, taste or moment

Something I appreciate about myself

Tomorrow I'm looking forward to



Week 3 Reflection

Look back at your entries and notice the patterns.

The best moments of my week

People who showed up for me

How I showed up for others

A challenge this week, and something good that came from it

A lesson, a strength I found, help I received

What I noticed about my mood on the days I wrote

One kind thing I'll do for someone next week



Day 22

Pause, look back over your day, and write down what was good.

Date: _____

Mood today: low ○ ○ ○ ○ ○ high

Today's prompt

What's a quality in yourself you've come to appreciate?

Three good things today

1, 2, 3, and why did each one happen?

Someone I'm thankful for

What did they do?

A small joy I noticed

A sight, sound, taste or moment

Something I appreciate about myself

Tomorrow I'm looking forward to



Day 23

Pause, look back over your day, and write down what was good.

Date: _____

Mood today: low ○ ○ ○ ○ ○ high

Today's prompt

What's something that made you laugh this week?

Three good things today

1, 2, 3, and why did each one happen?

Someone I'm thankful for

What did they do?

A small joy I noticed

A sight, sound, taste or moment

Something I appreciate about myself

Tomorrow I'm looking forward to



Day 24

Pause, look back over your day, and write down what was good.

Date: _____

Mood today: low ○ ○ ○ ○ ○ high

Today's prompt

What's a tradition or festival you love? Why?

Three good things today

1, 2, 3, and why did each one happen?

Someone I'm thankful for

What did they do?

A small joy I noticed

A sight, sound, taste or moment

Something I appreciate about myself

Tomorrow I'm looking forward to



Day 25

Pause, look back over your day, and write down what was good.

Date: _____

Mood today: low ○ ○ ○ ○ ○ high

Today's prompt

What's something you have now that you once wished for?

Three good things today

1, 2, 3, and why did each one happen?

Someone I'm thankful for

What did they do?

A small joy I noticed

A sight, sound, taste or moment

Something I appreciate about myself

Tomorrow I'm looking forward to



Day 26

Pause, look back over your day, and write down what was good.

Date: _____

Mood today: low ○ ○ ○ ○ ○ high

Today's prompt

Who do you feel safe being yourself around?

Three good things today

1, 2, 3, and why did each one happen?

Someone I'm thankful for

What did they do?

A small joy I noticed

A sight, sound, taste or moment

Something I appreciate about myself

Tomorrow I'm looking forward to



Day 27

Pause, look back over your day, and write down what was good.

Date: _____

Mood today: low ○ ○ ○ ○ ○ high

Today's prompt

What's a simple pleasure you enjoyed today?

Three good things today

1, 2, 3, and why did each one happen?

Someone I'm thankful for

What did they do?

A small joy I noticed

A sight, sound, taste or moment

Something I appreciate about myself

Tomorrow I'm looking forward to



Day 28

Pause, look back over your day, and write down what was good.

Date: _____

Mood today: low ○ ○ ○ ○ ○ high

Today's prompt

How has someone's kindness changed your day recently?

Three good things today

1, 2, 3, and why did each one happen?

Someone I'm thankful for

What did they do?

A small joy I noticed

A sight, sound, taste or moment

Something I appreciate about myself

Tomorrow I'm looking forward to



Week 4 Reflection

Look back at your entries and notice the patterns.

The best moments of my week

People who showed up for me

How I showed up for others

A challenge this week, and something good that came from it

A lesson, a strength I found, help I received

What I noticed about my mood on the days I wrote

One kind thing I'll do for someone next week



Day 29

Pause, look back over your day, and write down what was good.

Date: _____

Mood today: low ○ ○ ○ ○ ○ high

Today's prompt

What progress have you made in the last month, however small?

Three good things today

1, 2, 3, and why did each one happen?

Someone I'm thankful for

What did they do?

A small joy I noticed

A sight, sound, taste or moment

Something I appreciate about myself

Tomorrow I'm looking forward to



Day 30

Pause, look back over your day, and write down what was good.

Date: _____

Mood today: low ○ ○ ○ ○ ○ high

Today's prompt

Looking back on these 30 days, what are you most grateful for?

Three good things today

1, 2, 3, and why did each one happen?

Someone I'm thankful for

What did they do?

A small joy I noticed

A sight, sound, taste or moment

Something I appreciate about myself

Tomorrow I'm looking forward to



Write to someone whose kindness made a difference to you. Sending it is optional.

How I felt after writing this: _____



My 30-Day Review

You showed up for yourself for a month. Take a moment to notice what changed.

How I felt when I started low ○ ○ ○ ○ ○ high

How I feel now low ○ ○ ○ ○ ○ high

What I'm most grateful for from these 30 days

What changed in how I see my days, my people, or myself

Themes that kept coming up

What made the practice easier or harder

How I'd like to keep gratitude in my life

This journal supports therapy; it doesn't replace it. If you're in distress or feel unsafe, please reach out to your therapist or call Tele-MANAS on 14416 (free, 24x7).