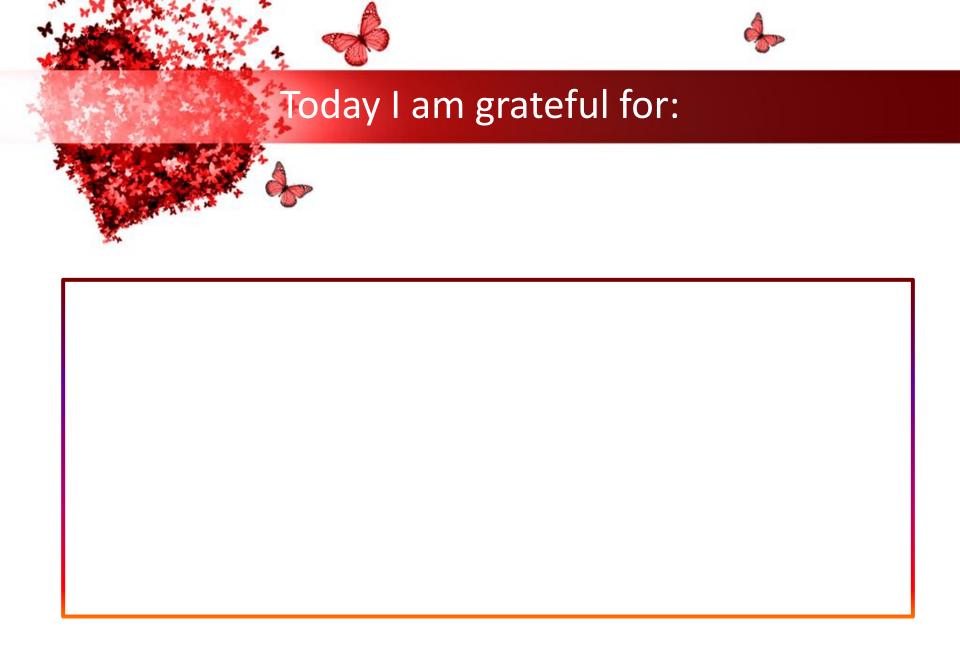






Day # 1

What season are you most grateful for?

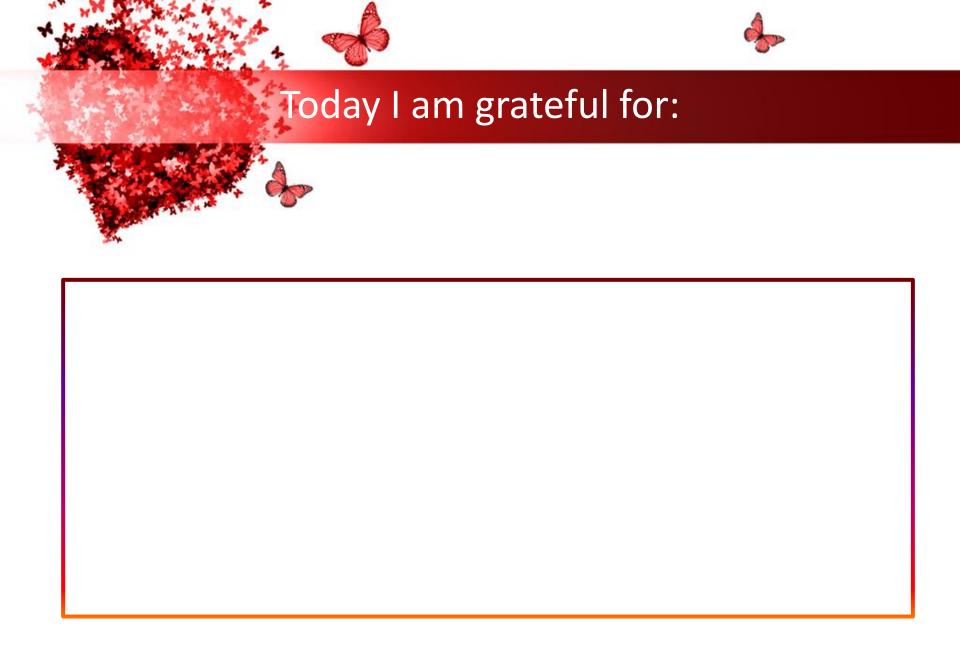






Day # 2

What knowledge are you grateful for?

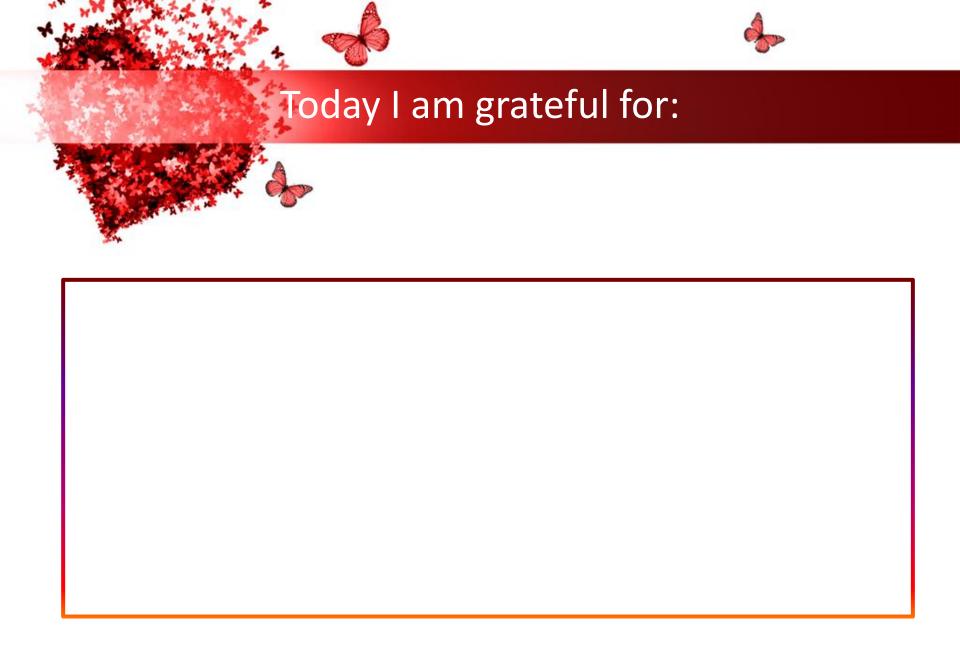






Day # 3

What tradition are you grateful for?

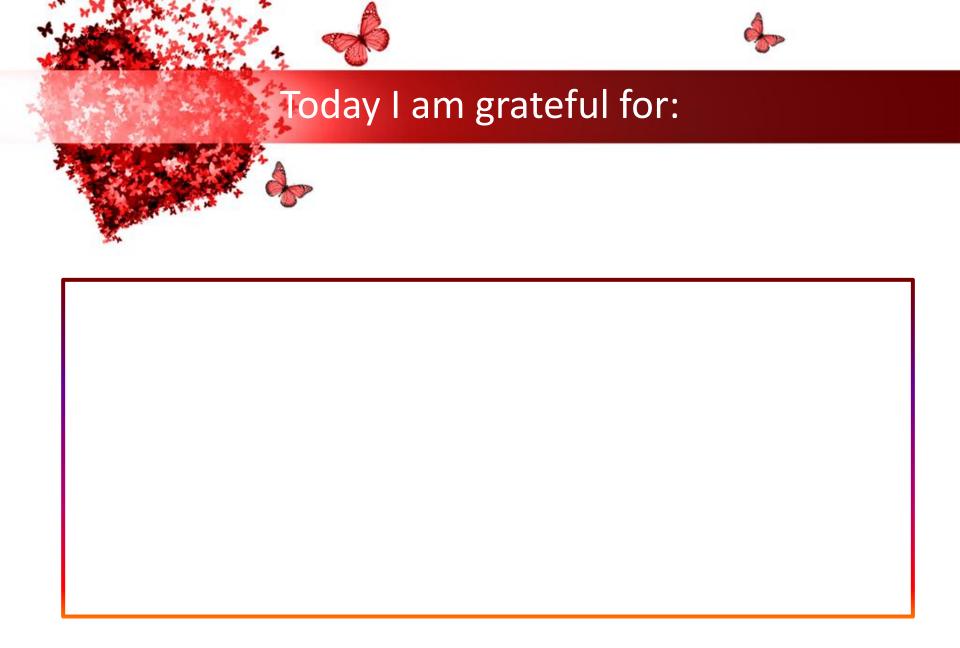






Day # 4

What smell are you grateful for?

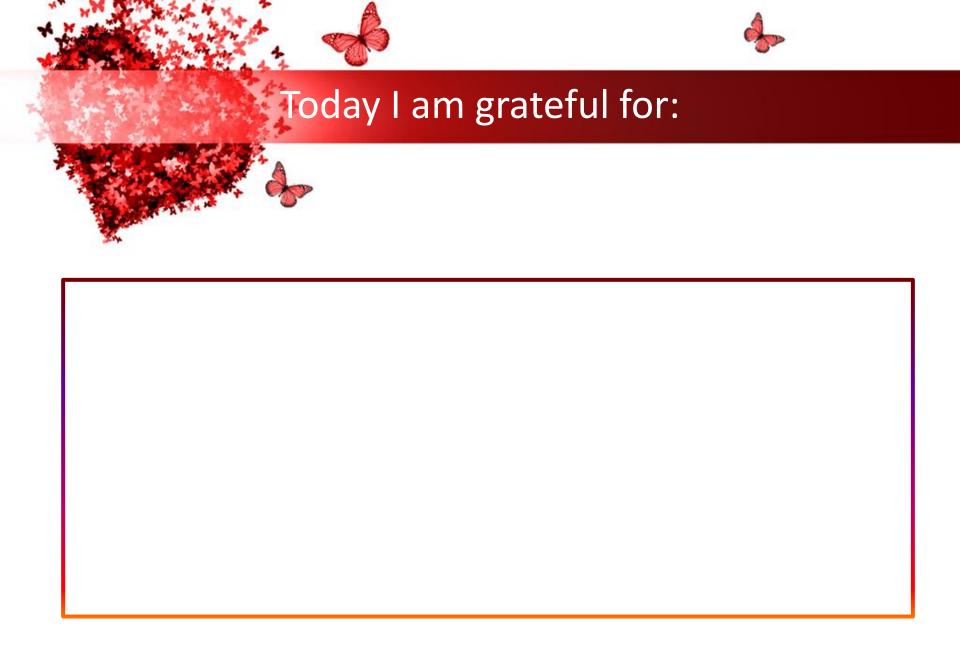






Day # 5

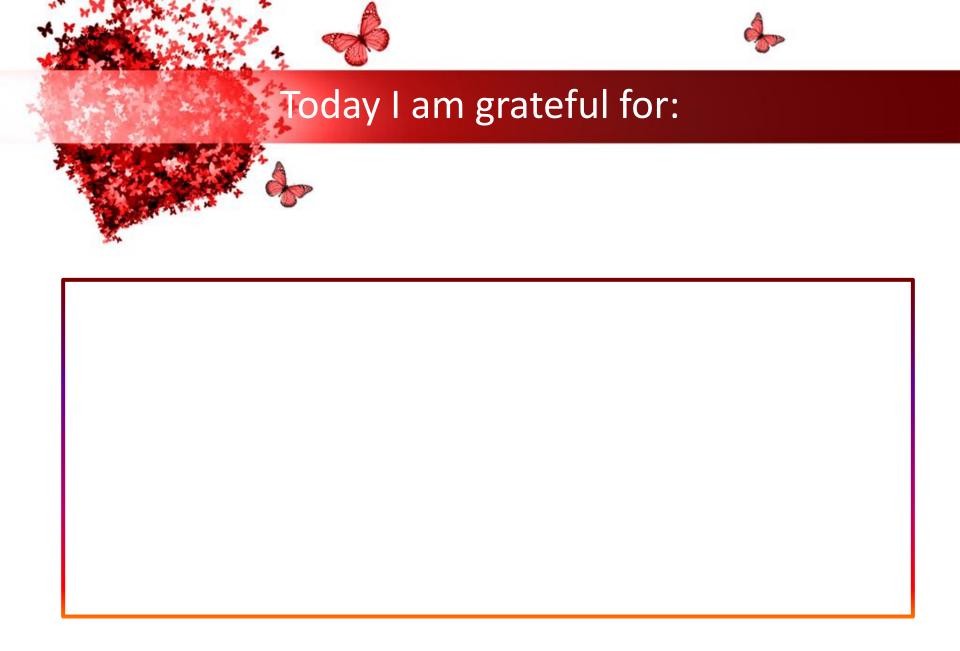
What small thing do you use daily that you are you grateful for?

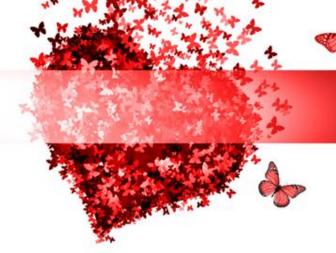




Day # 6

What taste are you grateful for?

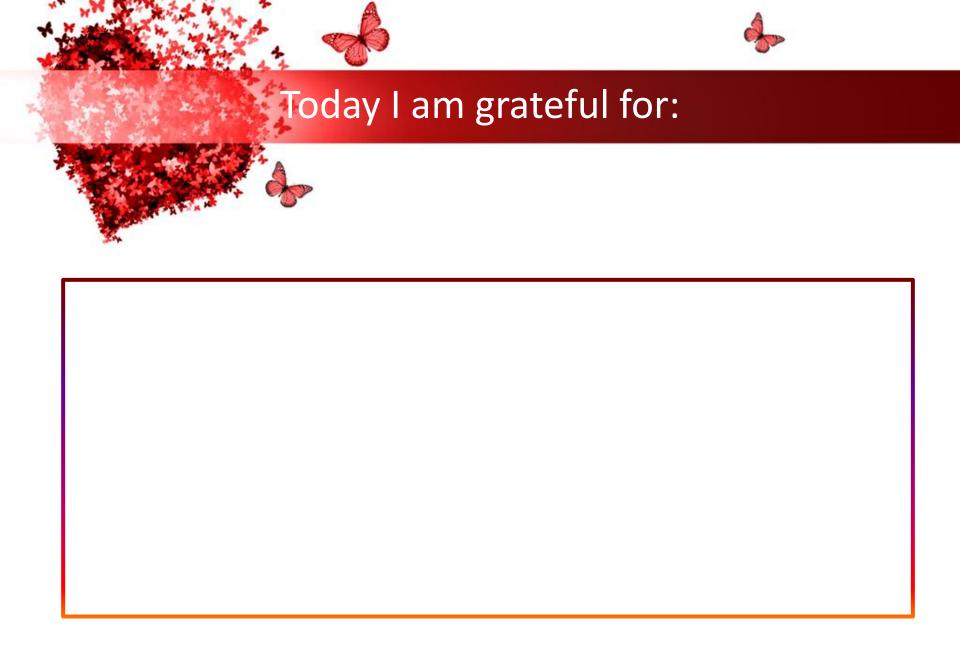






Day # 7

What in Nature are you grateful for?

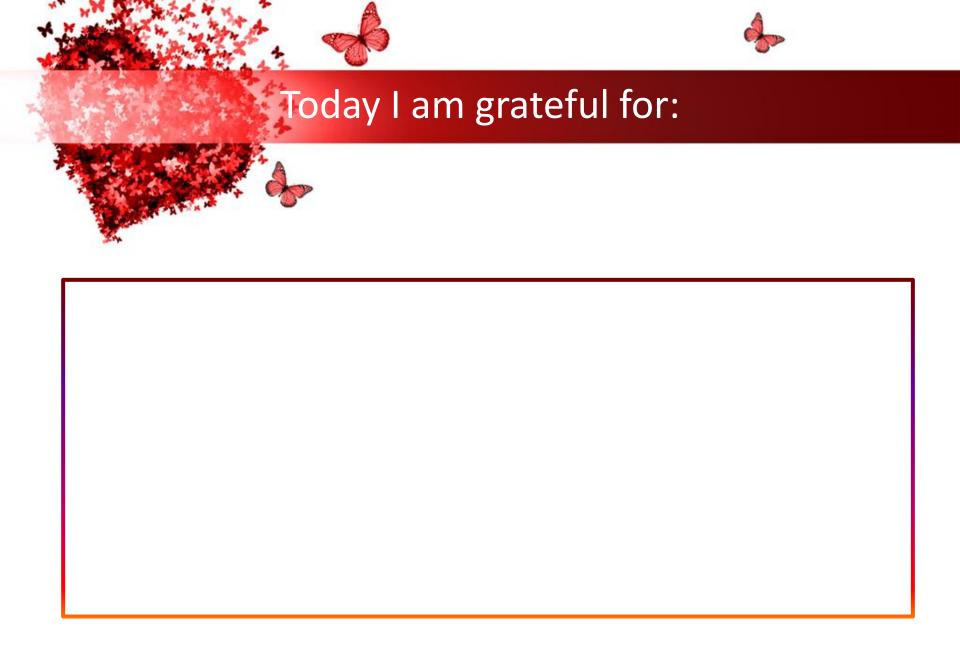


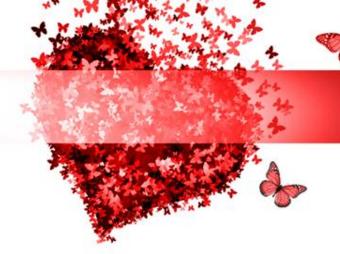




Day # 8

What song are you grateful for?

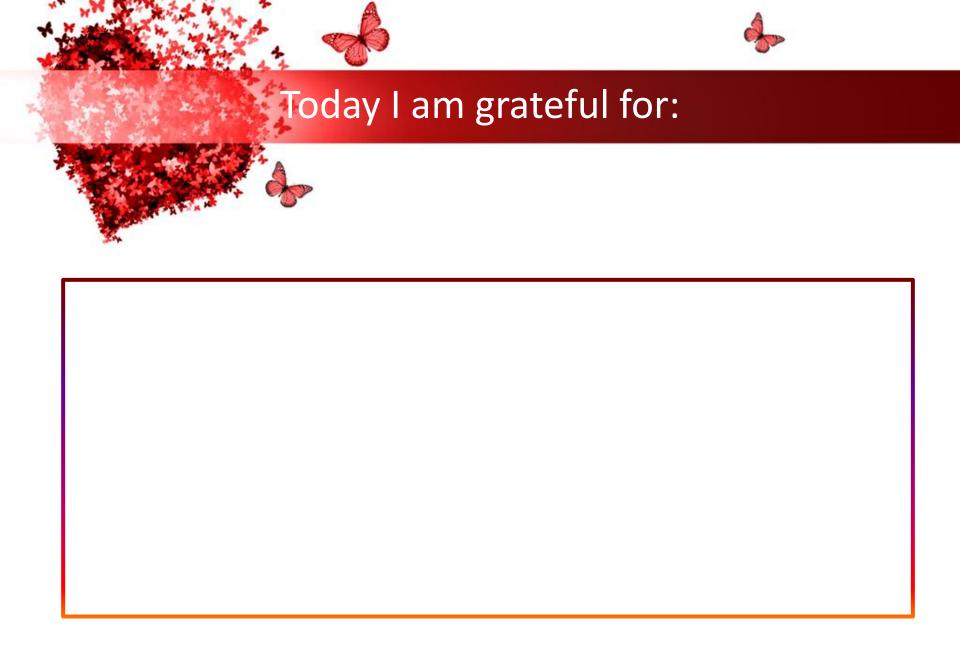






Day # 9

What friend or family member are you grateful for today?

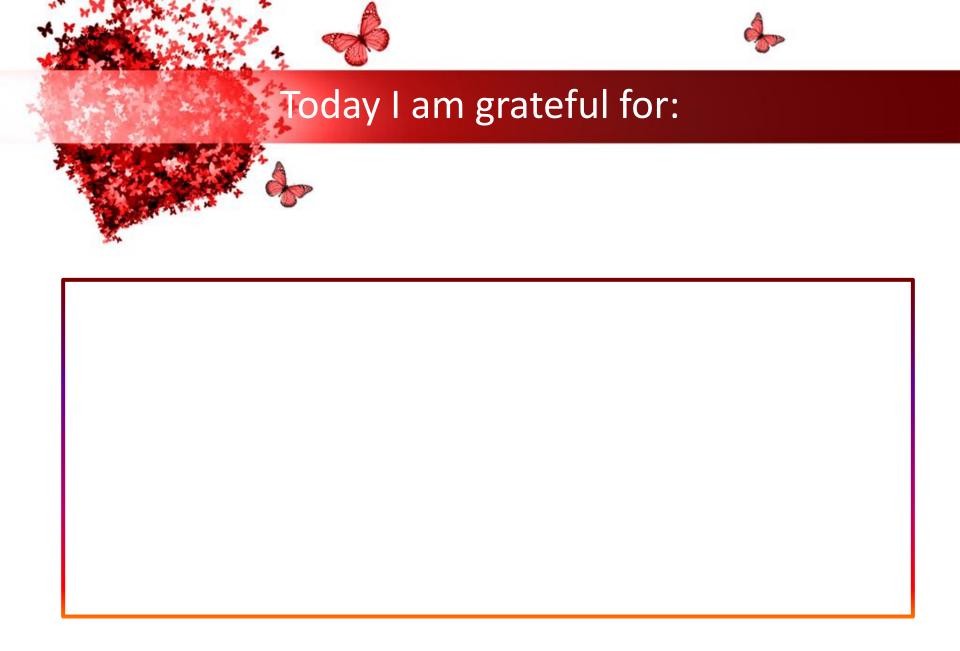






Day # 10

What Technology are you grateful for?

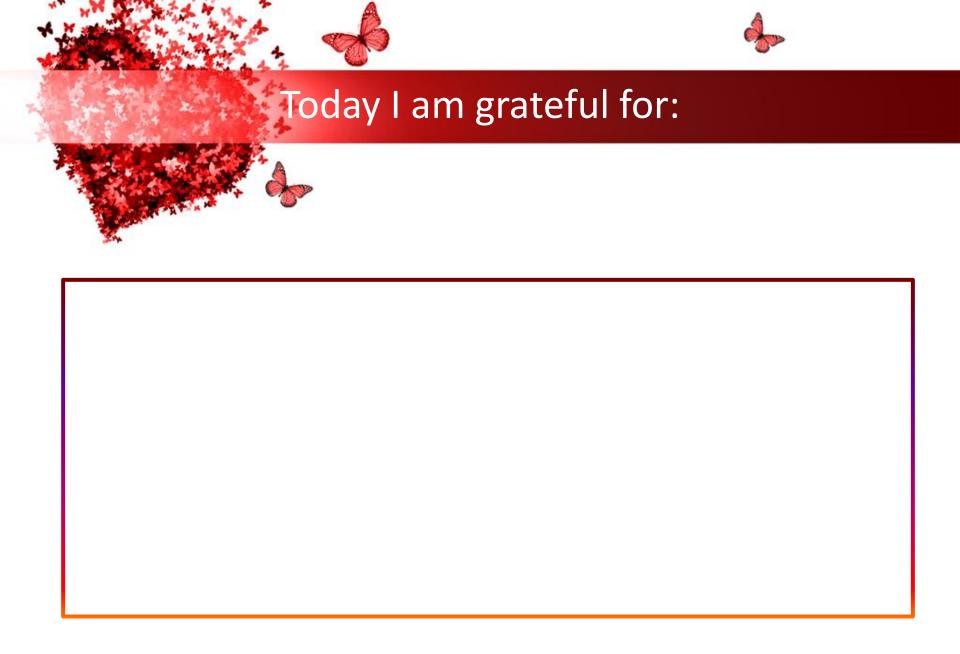






Day # 11

What holiday are you grateful for?

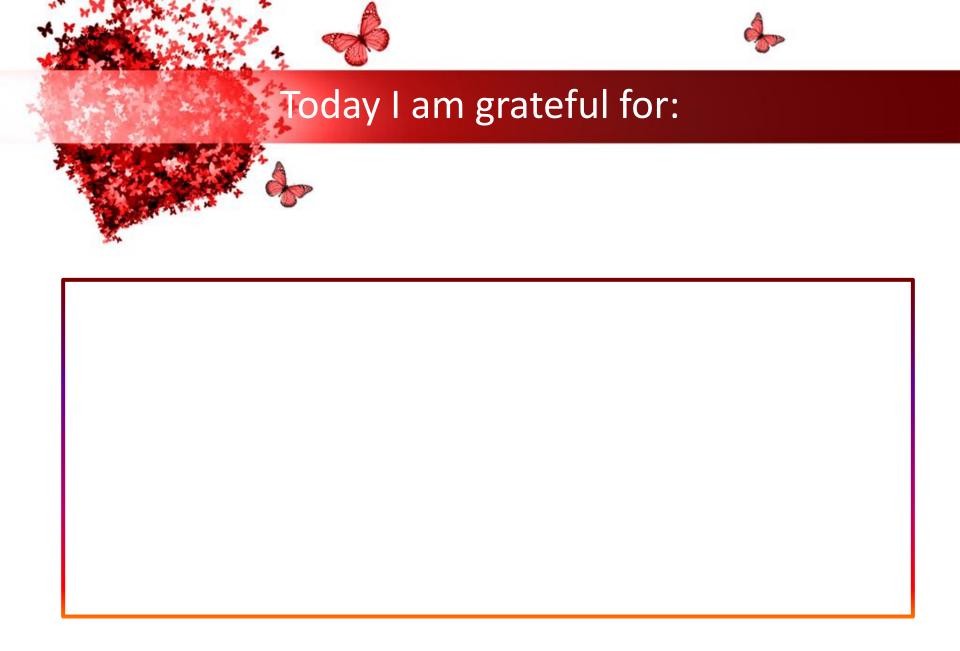






Day # 12

What taste are you grateful for today?

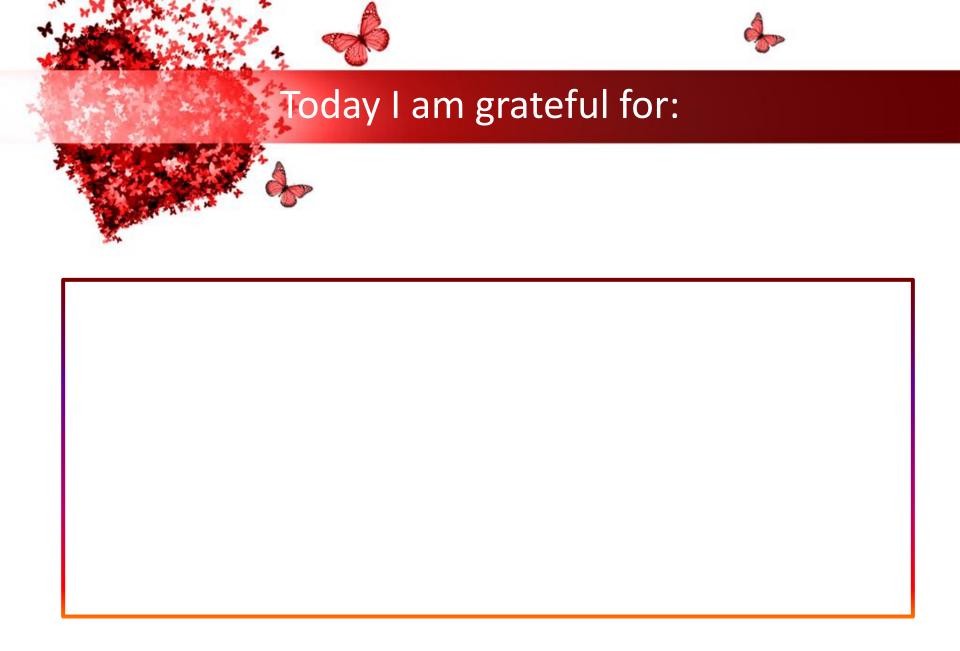


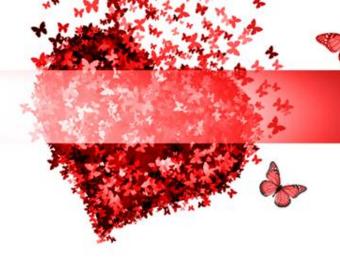




Day # 13

What place are you grateful for?

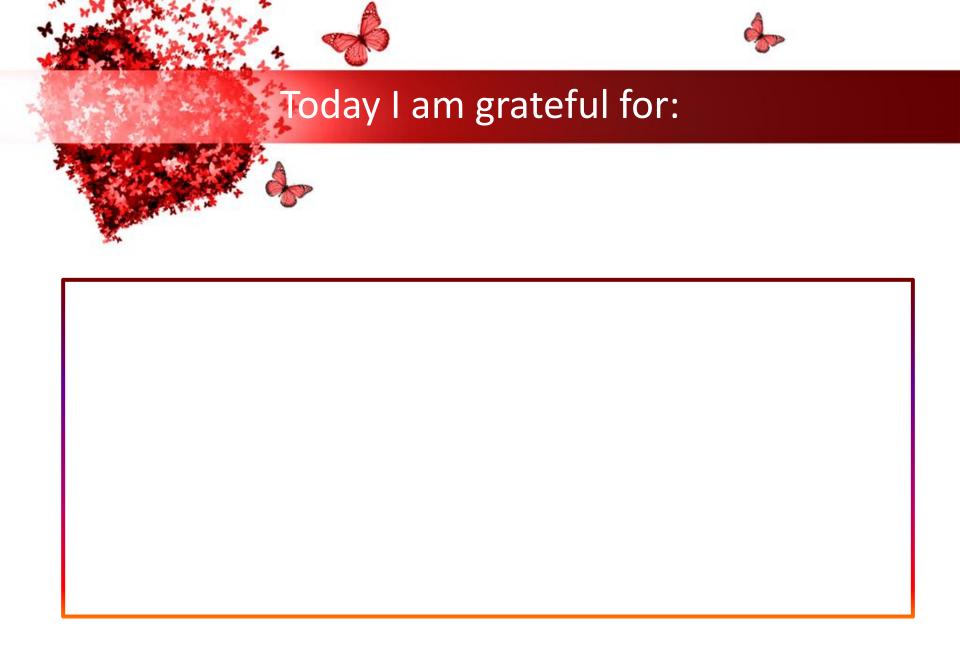


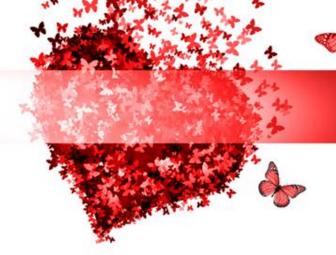




Day # 14

What small thing that happened today are you grateful for?

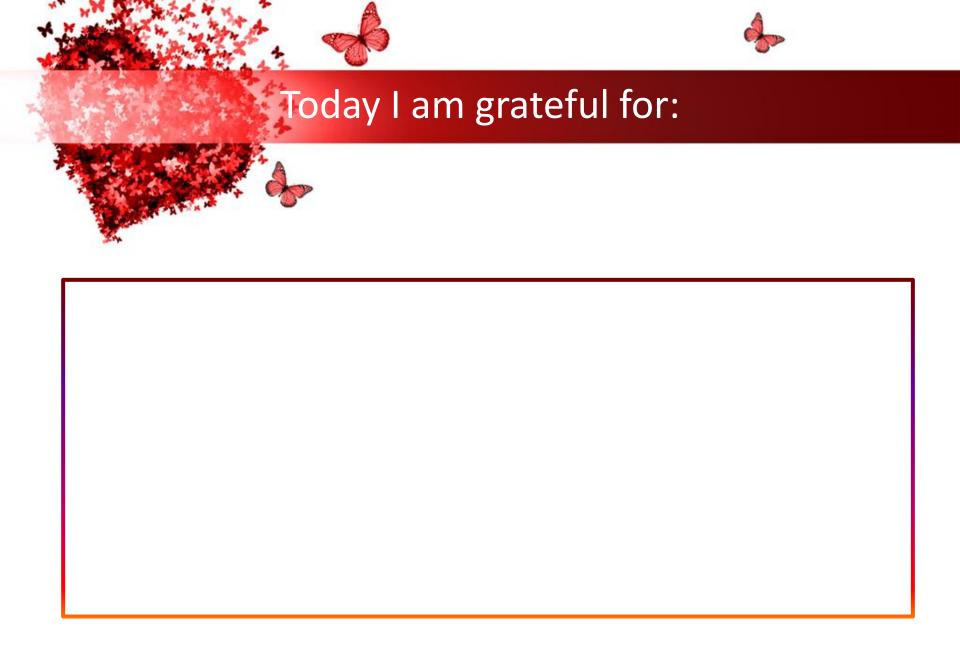


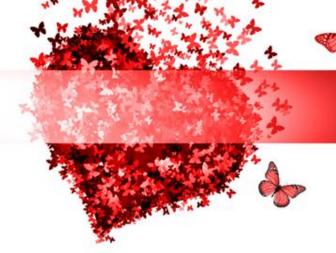




Day # 15

What talent or skill do you have that you are grateful for?

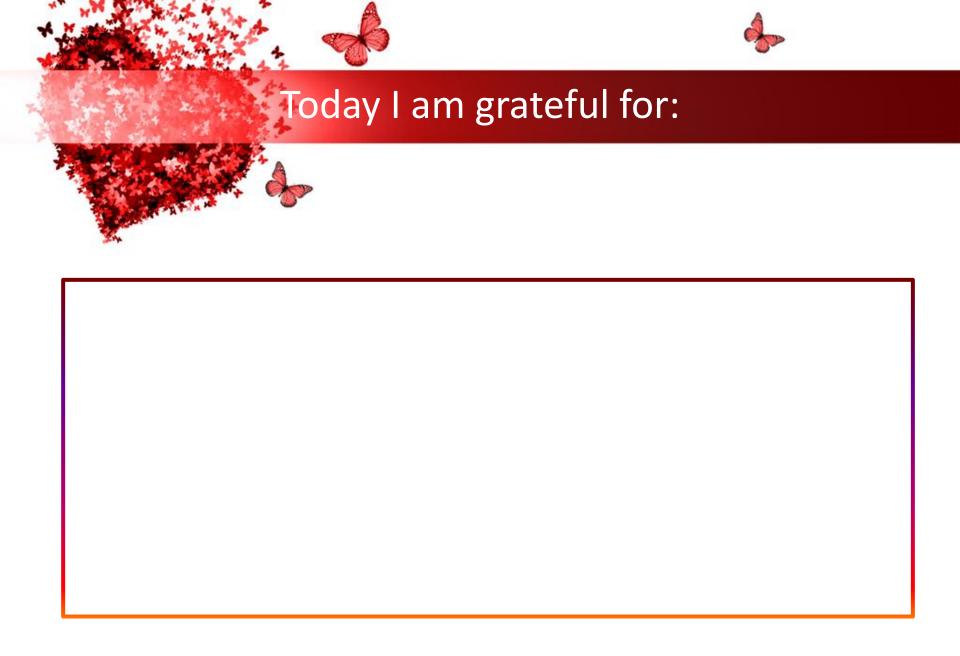






Day # 16

What colour are you grateful for?

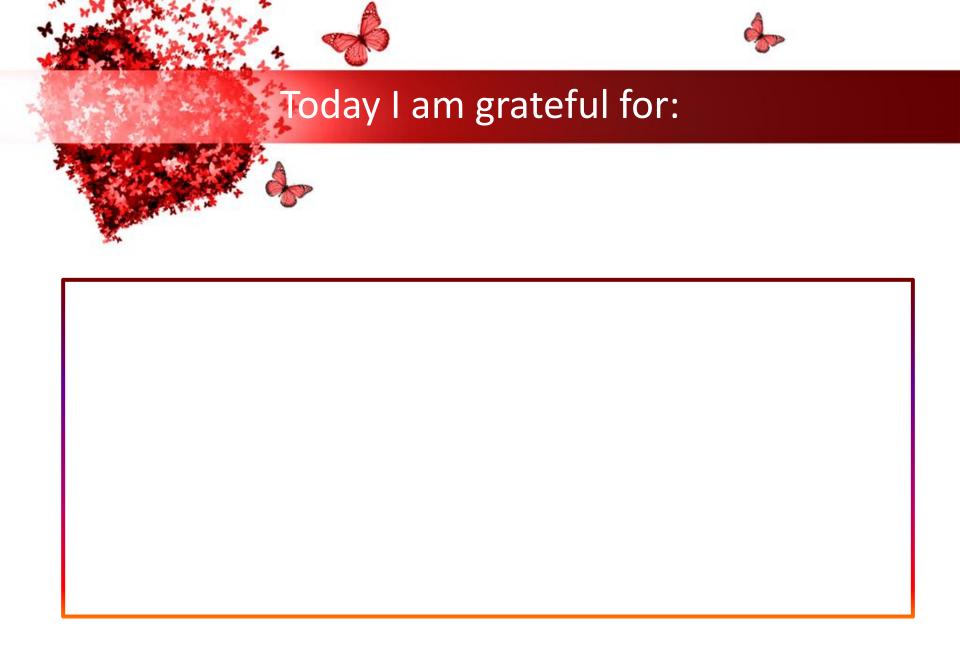






Day # 17

What food are you most grateful for?

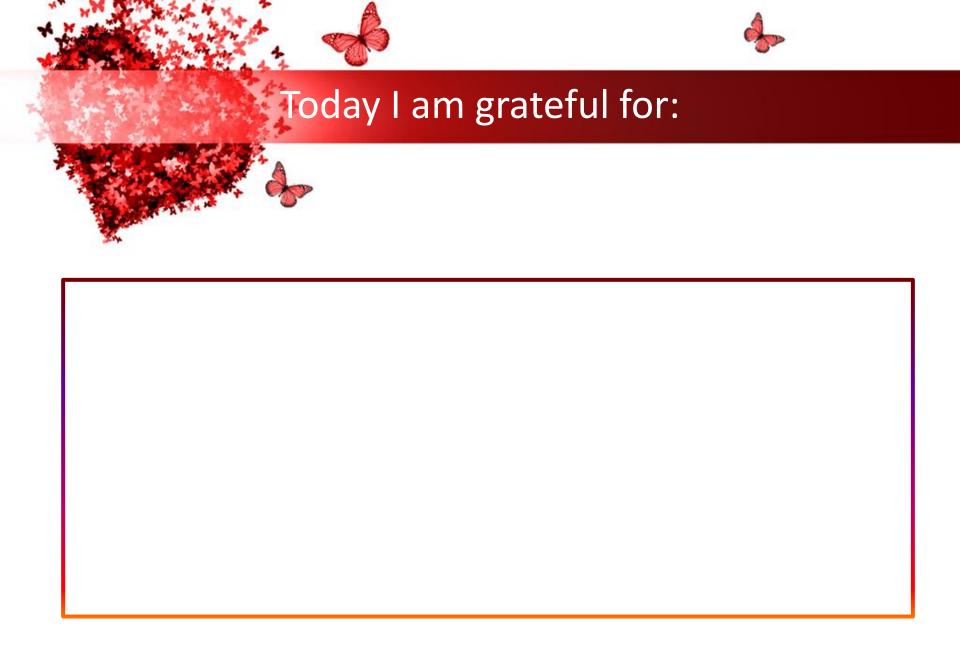






Day # 18

What sound are you grateful for?

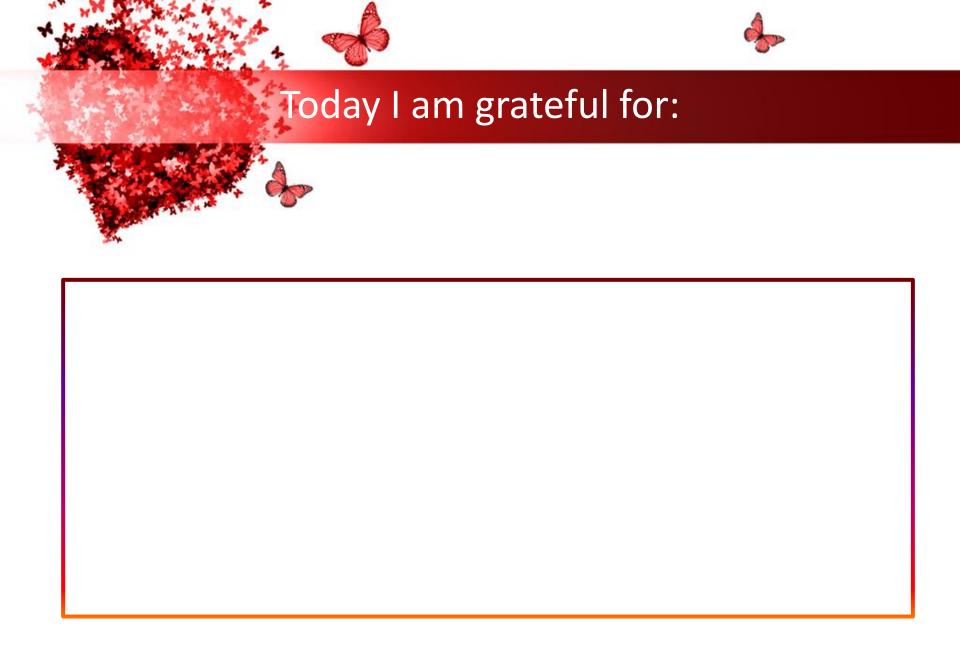






Day # 19

What is it about your body that you are grateful for?

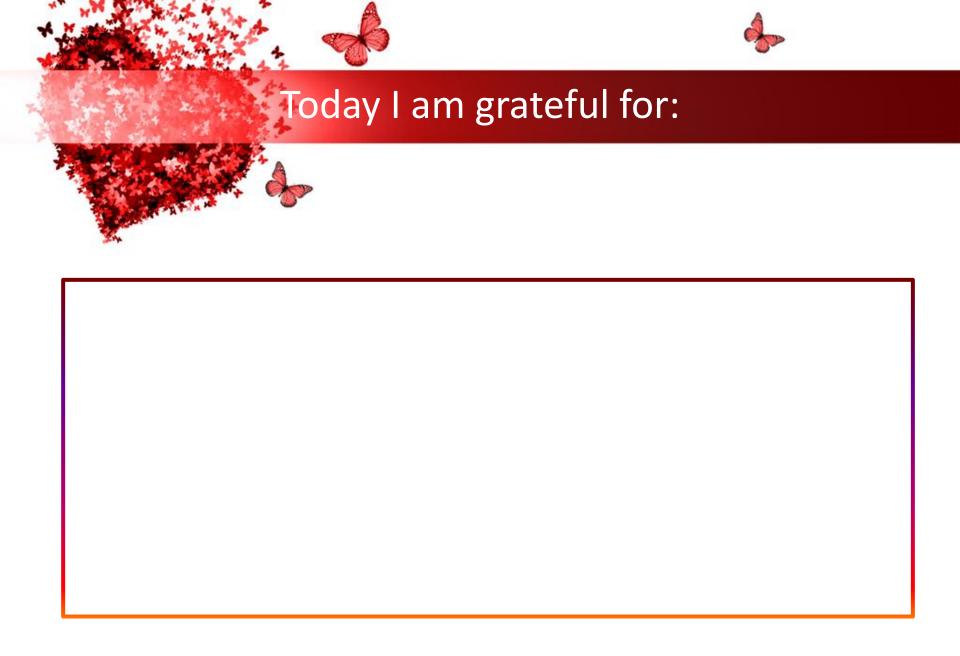






Day # 20

What abilities are you most grateful for?

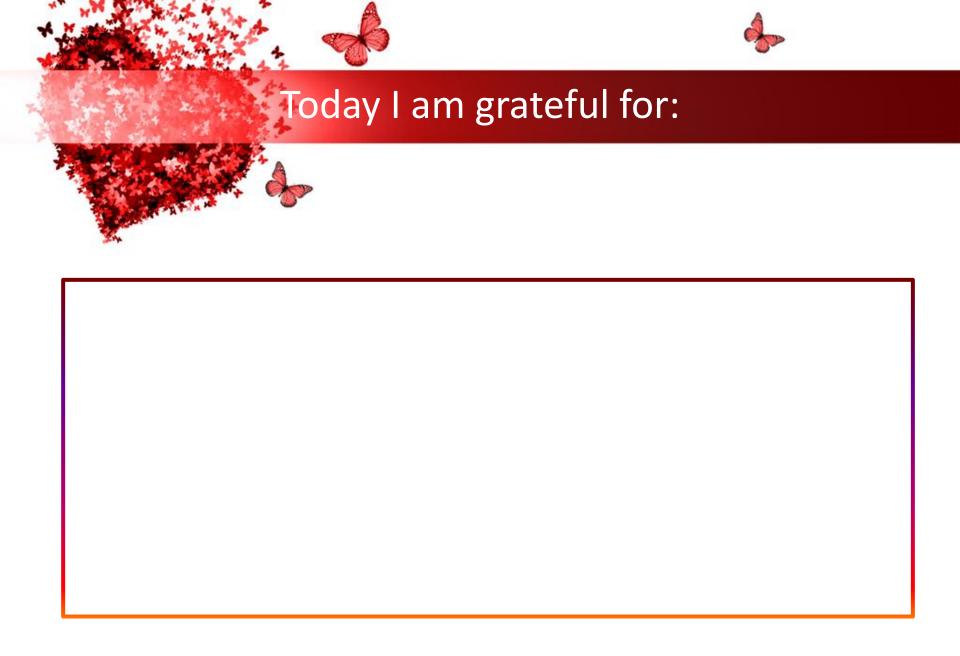






Day # 21

What texture are you grateful for?

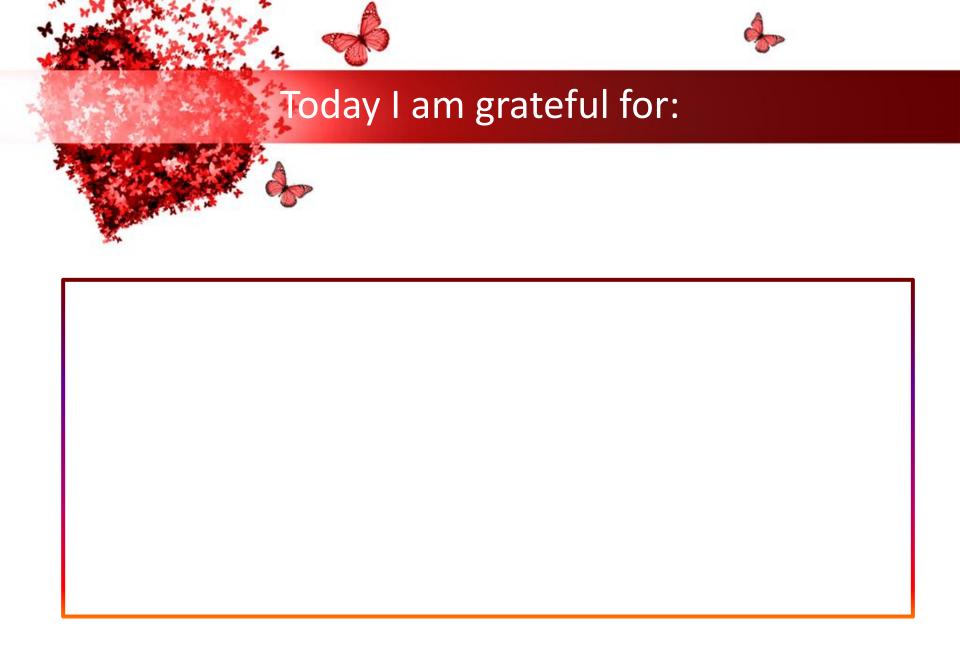






Day # 22

What do you see that you are grateful for?

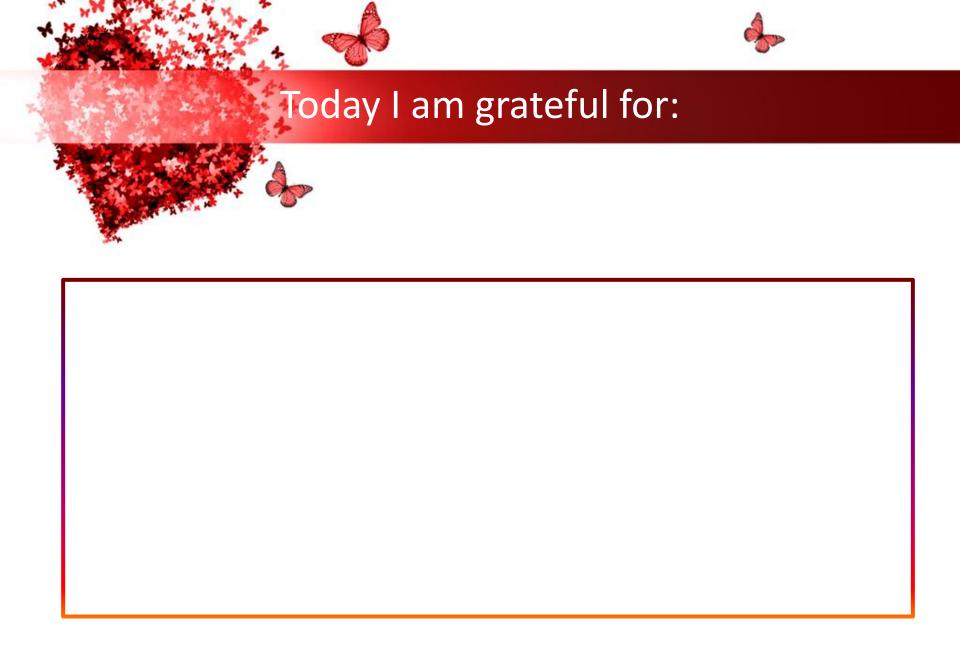






Day # 23

What piece of art are you grateful for?

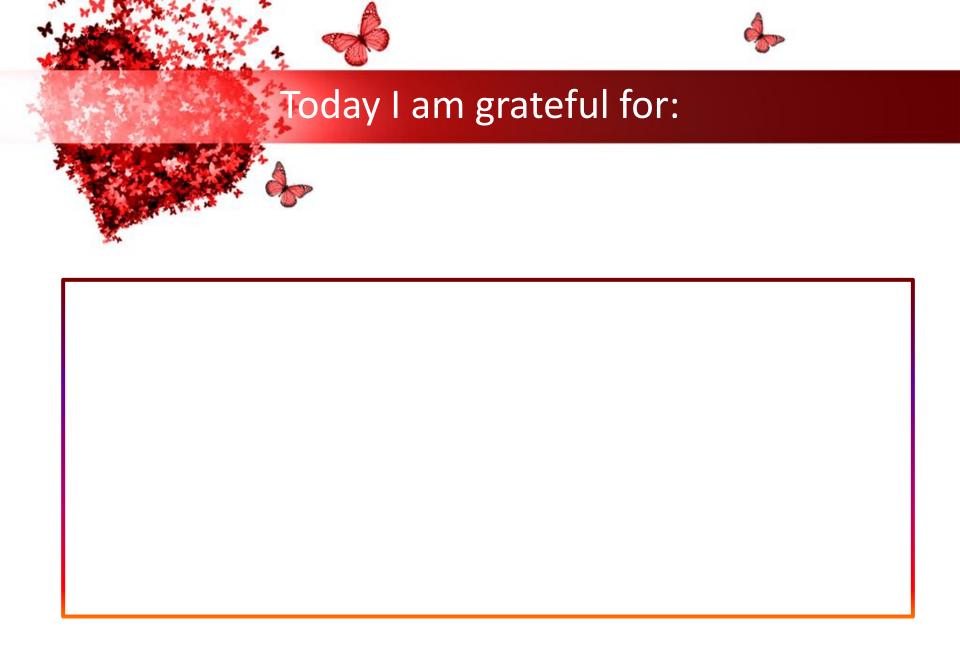


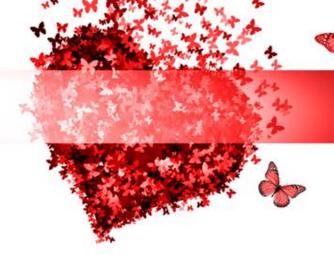




Day # 24

What touch are you grateful for?

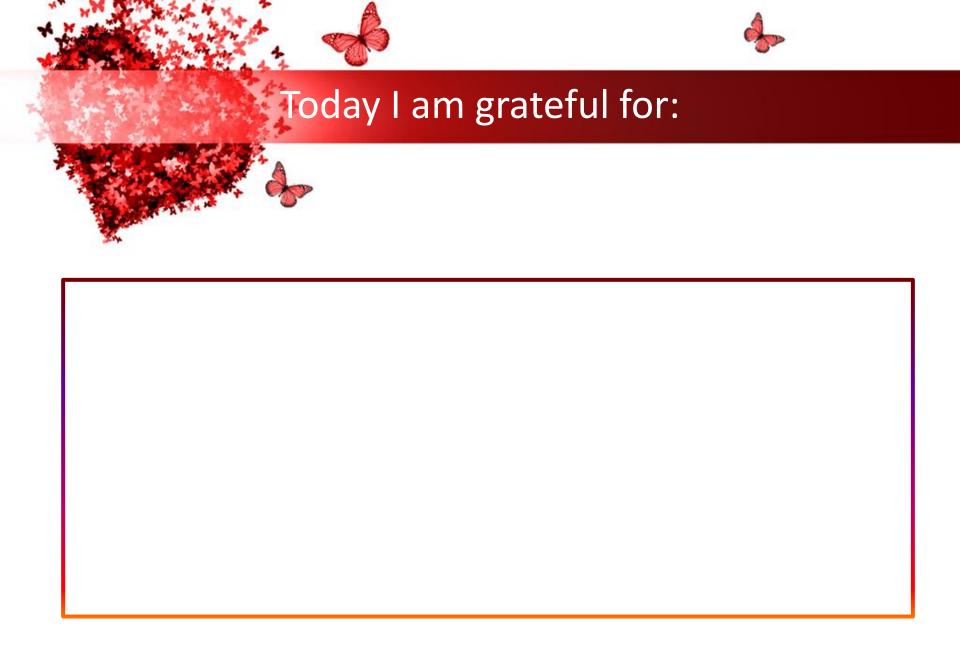






Day # 25

Who in your life are you grateful for?

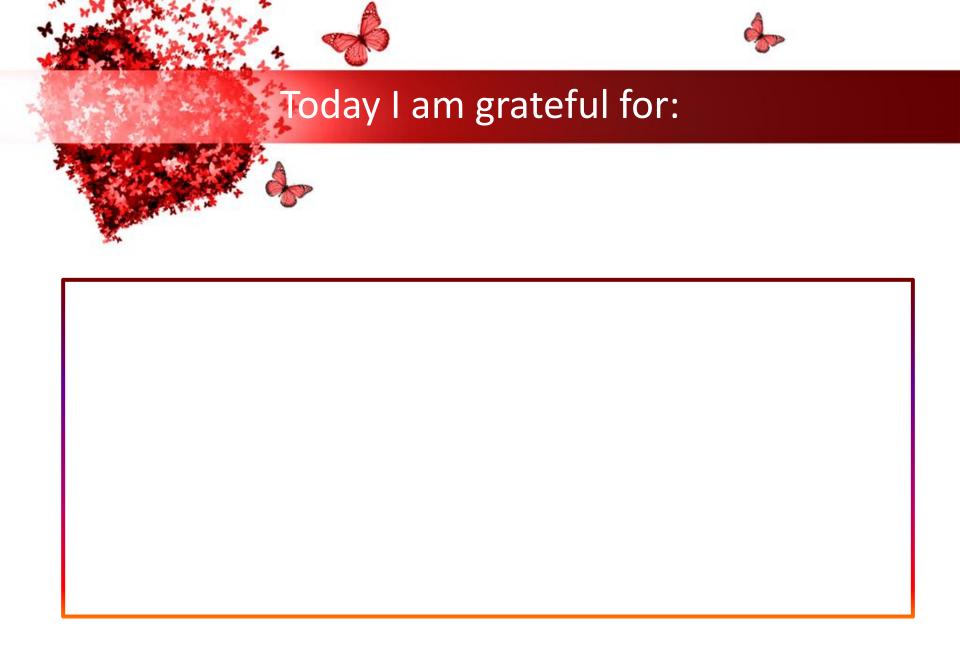


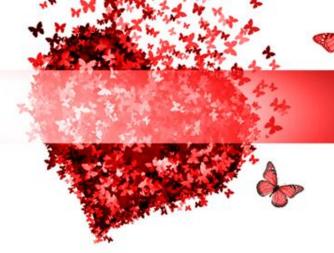




Day # 26

What story are you grateful for?

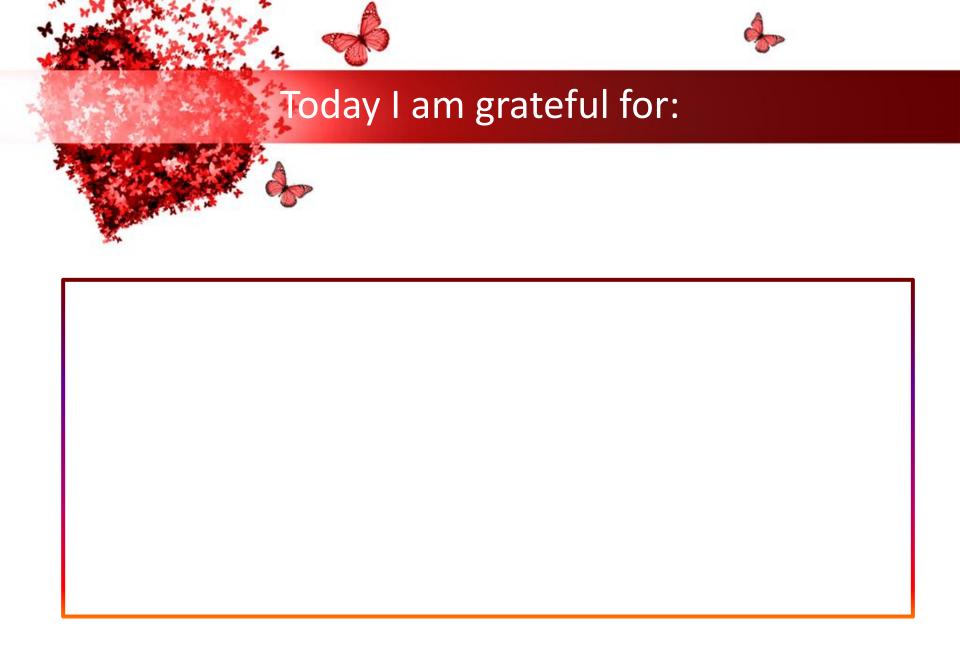






Day # 27

What challenge are you grateful for?

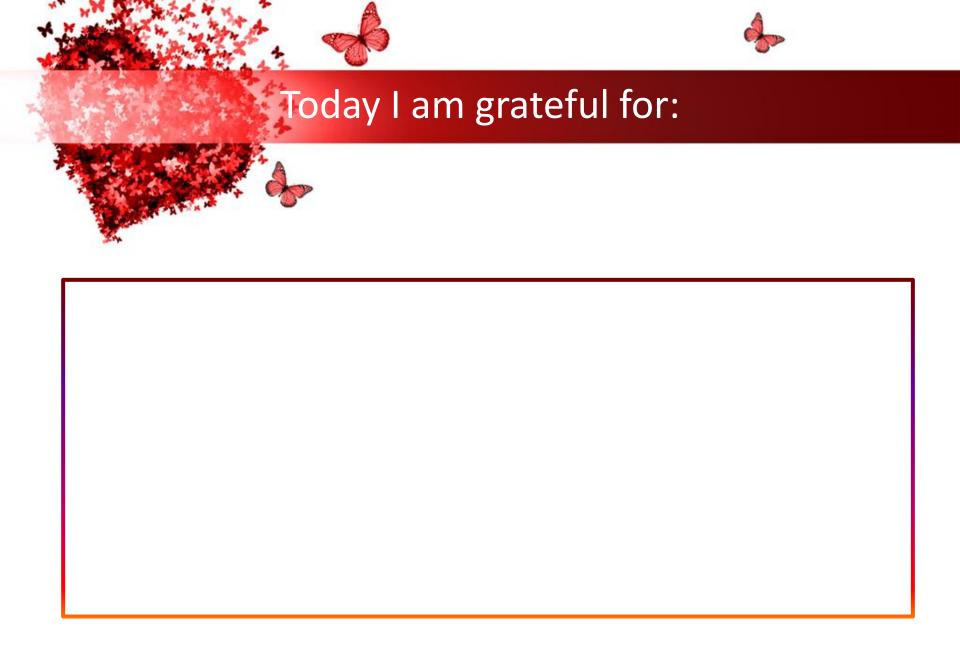


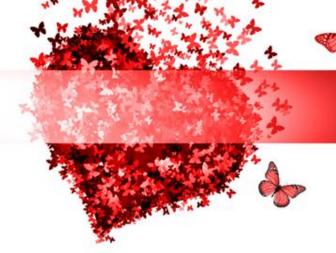




Day # 28

What moment this week are you most grateful for?

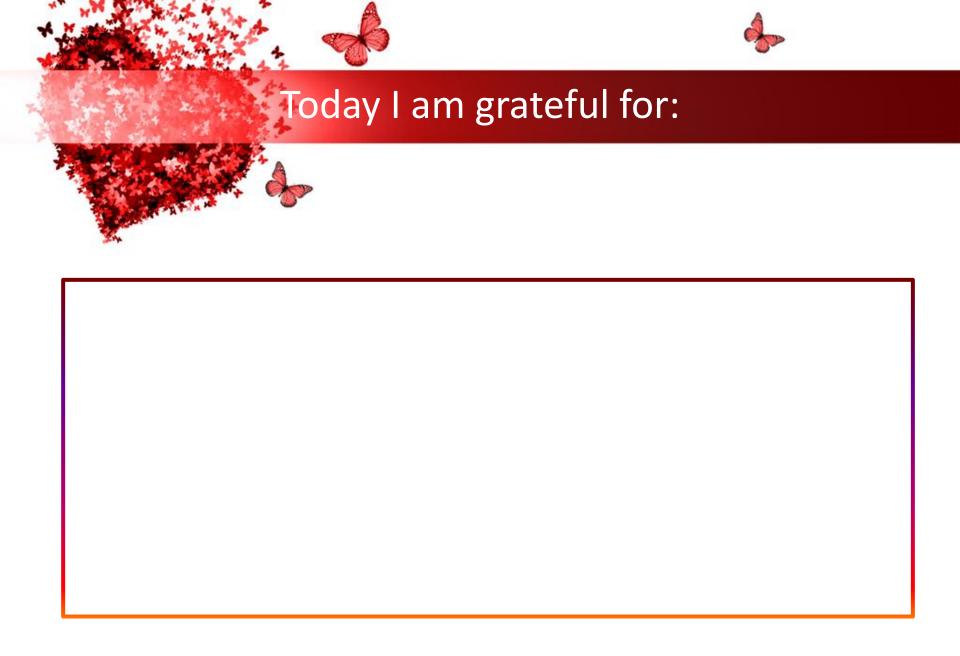


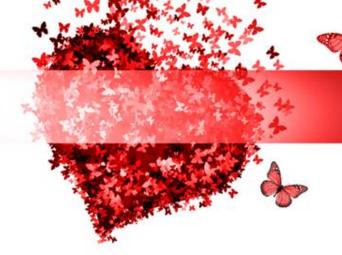




Day # 29

What form of expression are you most grateful for?

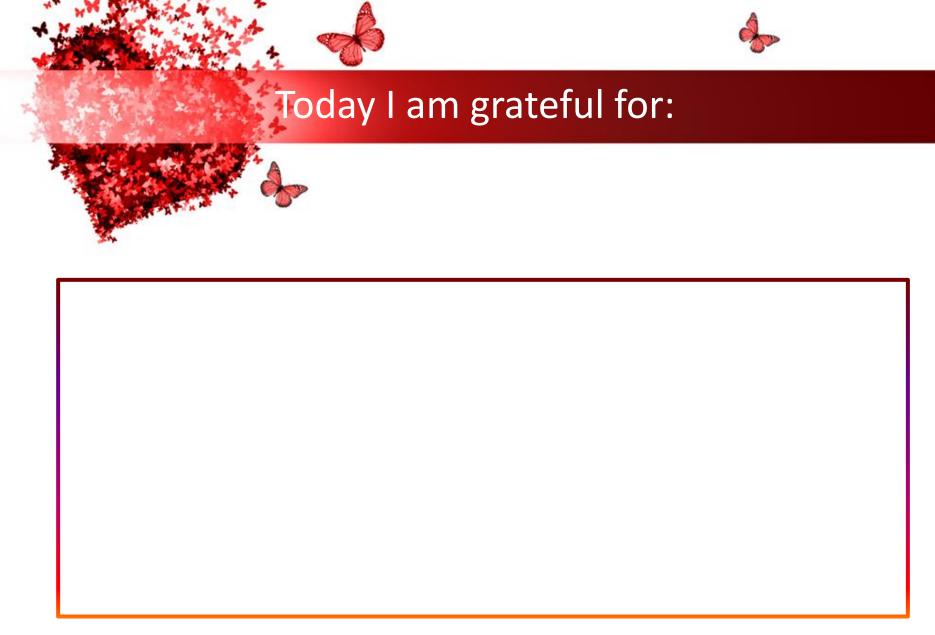






Day # 30

What small thing that happened today are you grateful for?



This 30 Day Gratitude Journal was created by Meg Phillips at Balance4Life Programs using the "Hearts and Butterflies" PowerPoint template from fppt.com. and inspired by an unattributed post on LinkedIn. If you would like a Discovery Session to further your personal growth program, please look in at www.balance4life.com.au and book in.