



30 DAYS OF GRATITUDE

Create your
Gratitude Journal



30 DAYS OF GRATITUDE

Day # 1

What season are you most grateful for?



Today I am grateful for:





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Day # 2

What knowledge are you grateful for?



Today I am grateful for:





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Day # 3

What tradition are you grateful for?



Today I am grateful for:





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Day # 4

What smell are you grateful for?



Today I am grateful for:





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Day # 5

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



Today I am grateful for:





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Day # 6

What taste are you grateful for?



Today I am grateful for:





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Day # 7

What in Nature are you grateful for?



Today I am grateful for:





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Day # 8

What song are you grateful for?



Today I am grateful for:





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Day # 9

What friend or family member are you grateful for today?



Today I am grateful for:



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Day # 10

What Technology are you grateful for?

A decorative graphic in the top-left corner consisting of a large, dense shape made of many small red butterflies, with several larger, individual red butterflies scattered around it.

Today I am grateful for:

A large, empty rectangular box with a thin red border, intended for the user to write their gratitude.



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Day # 11

What holiday are you grateful for?

A decorative graphic in the top-left corner consisting of a large, dense shape made of many small red butterflies, with several larger red butterflies scattered around it.

Today I am grateful for:

A large, empty rectangular box with a thin red border, intended for writing a list of things the user is grateful for.



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Day # 12

What taste are you grateful for today?



Today I am grateful for:





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Day # 13

What place are you grateful for?



Today I am grateful for:



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Day # 14

What small thing that happened today are you grateful for?



Today I am grateful for:



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Day # 15

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



Today I am grateful for:



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Day # 16

What colour are you grateful for?



Today I am grateful for:



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Day # 17

What food are you most grateful for?



Today I am grateful for:





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Day # 18

What sound are you grateful for?



Today I am grateful for:



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Day # 19

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



Today I am grateful for:



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Day # 20

What abilities are you most grateful for?



Today I am grateful for:





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Day # 21

What texture are you grateful for?



Today I am grateful for:





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Day # 22

What do you see that you are grateful for?



Today I am grateful for:



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Day # 23

What piece of art are you grateful for?



Today I am grateful for:



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Day # 24

What touch are you grateful for?



Today I am grateful for:



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Day # 25

Who in your life are you grateful for?



Today I am grateful for:



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Day # 26

What story are you grateful for?



Today I am grateful for:





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Day # 27

What challenge are you grateful for?



Today I am grateful for:





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Day # 28

What moment this week are you most grateful for?



Today I am grateful for:





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Day # 29

What form of expression are you most grateful for?



Today I am grateful for:





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Day # 30

What small thing that happened today are you grateful for?



Today I am grateful for:

