

30 DAYS OF GRATITUDE

Practising gratitude is scientifically proven to make you happier. Use the prompts to help you fill out the table of all the things you are grateful for.



1. ABOUT MY BODY
2. WHAT I FIND BEAUTIFUL
3. A SONG I LOVE
4. AN ACCOMPLISHMENT
5. A FRIEND
6. A SMELL I LOVE
7. SOMETHING THAT MAKES ME SMILE
8. A HAPPY MEMORY
9. SOMETHING I LIKE ABOUT WHERE I LIVE
10. A PERSON CLOSE TO ME
11. A FOOD I LOVE
12. AN ABILITY I HAVE
13. A PERSON
14. SOMETHING I LOOK FORWARD TO
15. A LIFE LESSON
16. A PERSON I LOOK UP TO
17. A PERSONALITY TRAIT I HAVE
18. AN ITEM I USE EVERY DAY
19. MY HOBBIES
20. A HOLIDAY I HAVE BEEN ON
21. A TECHNOLOGY
22. SOMETHING THAT MADE ME LAUGH TODAY
23. SOMETHING NICE
24. A BOOK, MAGAZINE OR PODCAST
25. ANOTHER PERSON
26. SOMETHING IN NATURE
27. A GIFT I HAVE RECEIVED
28. SOMETHING THAT BRINGS ME HOPE
29. A COMPLIMENT I HAVE RECEIVED
30. SOMETHING I AM PASSIONATE ABOUT

YOU CAN
DRAW OR
WRITE OUT THE
THINGS YOU FEEL
GRATEFUL FOR!

#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