

30-Day Gratitude Journal: Free Printable

Welcome. This journal offers a gentle pause each day to notice what is good, meaningful or encouraging in your life. There is no right way to answer. A word, a short note or a fuller reflection is enough.

How to use it: Take one prompt a day, write whatever comes to mind, and return whenever you are ready. You can complete the days in order or choose a prompt that feels right for you.

DAY 01

Name three things you are thankful for today.

DAY 02

What is one small thing that went well?

DAY 03

Who showed you kindness this week, and what did they do?

DAY 04

Which part of your day felt peaceful or comforting?

DAY 05

What is something your body helped you do today?

DAY 06

What is a simple pleasure you enjoyed recently?

DAY 07

What is one thing you appreciate about where you live?

A moment to notice

DAY 08

Name someone whose presence makes your life better.

DAY 09

What is something you learned that you are glad to know?

DAY 10

What is one everyday object you rely on and value?

DAY 11

Which sound, scent or taste brought you a pleasant moment?

DAY 12

What is a challenge you have made it through, and what helped?

DAY 13

What is one thing you can do at your own pace today?

DAY 14

Who or what helped you feel supported this week?

DAY 15

What is something you are looking forward to, however small?

Notice what sustains you

DAY 16

What is a skill or quality you are glad to have?

DAY 17

What memory from the past brings you warmth or comfort?

DAY 18

What made you smile, laugh or feel lighter today?

DAY 19

Which part of nature did you notice or enjoy recently?

DAY 20

What is something useful you were able to do for yourself or someone else?

DAY 21

What is one thing you appreciate about your routine or daily life?

DAY 22

What small act of care could you offer yourself today?

DAY 23

Name a place where you have felt welcome or at ease.

Carry gratitude with you

DAY 24

What is something you value about a friendship or relationship?

DAY 25

What is one choice you made that you feel good about?

DAY 26

What helped you feel rested or restored recently?

DAY 27

What is something about today that you would like to remember?

DAY 28

Name a comfort, routine or tradition you are glad to have.

DAY 29

What is one thing you appreciate about yourself today?

DAY 30

Looking back over these days, what are you especially thankful for?