**3-30 Gratitude Challenge Worksheet**

**Welcome to your 30-Day Gratitude Challenge!**  
This is a journey to cultivate positivity and mindfulness by recognizing and appreciating the good things in your life. Every day for the next 30 days, take a few moments to reflect and record at least **three things** you’re grateful for. This practice will help you shift your mindset and deepen your sense of appreciation.

**Instructions:**

1. **Daily Reflection**: Each day, sit quietly for a moment of reflection. Think about the moments, people, experiences, and feelings that make you feel thankful.
2. **Write It Down**: Record at least three things you're grateful for each day in the space provided. Feel free to add any additional thoughts or reflections that come to mind.
3. **Consistency is Key**: Try to do this at the same time each day to make it a habit, whether it’s first thing in the morning or before you go to bed.

**Gratitude Prompts**

* **What made you smile today?**
* **What’s something you are proud of?**
* **What’s one small thing you are thankful for right now?**
* **Who in your life are you grateful for, and why?**
* **What is something in nature that brought you peace today?**

**Day 1**

**Day 2**

**Day 3**

**Day 4**

**Day 5**

**Day 6**

**Day 7**

**Day 8**

**Day 9**

**Day 10**

**Day 11**

**Day 12**

**Day 13**

**Day 14**

**Day 15**

**Day 16**

**Day 17**

**Day 18**

**Day 19**

**Day 20**

**Day 21**

**Day 22**

**Day 23**

**Day 24**

**Day 25**

**Day 26**

**Day 27**

**Day 28**

**Day 29**

**Day 30**

**Reflect on your journey:**

* What did you notice after 30 days of gratitude practice?
* How has your perspective shifted?
* What is the most surprising thing you’re grateful for?

**Download Instructions:**

* Click on the link below to download your **30-Day Gratitude Challenge Worksheet** and get started today!