



# **My Gratitude Journal**

30 DAY CHALLENGE  
(PRINTABLE)

Basilia Frankel

# Intro.

## Welcome to Your Journey

I'm so glad you're here.

You have so much in your life to be grateful for, even if it doesn't always feel that way. This journal is your gentle space for the next 30 days — to help you slow down, tune out the noise, and actually see the good stuff that's already happening in your life.

It's not about perfection. Some days you'll write pages, other days just a few words. Both are exactly right. What matters most is showing up for yourself, building awareness and reconnecting with yourself — one small, honest moment at a time.

This is your space to pause, breathe, and remember that your life is full of beauty, even in the ordinary.

### How to use this journal:

- Find a quiet moment each day—morning or evening
- Set a 5-8 minute timer
- Be honest with yourself, not impressive
- Let your answers be messy, incomplete, real
- Notice without judgment
- Reflect on what matters
- Celebrate small shifts - they count

Your life is already full of moments worth savoring. Let's discover them together.

## Quick Tips for Increasing Joy, Reducing Stress & Emotional Regulation

### To Increase Joy:

- Notice three small pleasures daily (warm coffee, sunlight, a kind text).
- Spend time with people whose presence and love give you an energy boost.
- Do one thing purely for fun each week—no productivity required—cue coloring books, video games, walking in the park.
- Celebrate tiny wins, not just big achievements.
- Let yourself laugh, even at silly things like talking to your plants as if they're your coworkers.

### To Reduce Stress:

- Practice the 3-3-3 grounding breath: Inhale through your nose for 3 seconds, hold for 3 seconds, exhale through your mouth for 3 seconds.
- Set one boundary this week—say no to something that drains you.

- Move your body in ways that feel good (walk, dance, stretch).
- Limit news and social media consumption. Your mind and body don't need the emotional rollercoaster.
- Ask for help before you're desperate and overwhelmed. You're not an island.

#### **To Release Guilt:**

- Remember: rest is productive, you're allowed to have needs and it's okay to allow yourself meet those needs.
- Practice saying "*I did my best with what I knew then*".
- Distinguish between guilt (*I did something wrong*) and shame (*I am wrong*).
- Apologize when needed, forgive yourself, then let it go.
- Give yourself the same grace you'd give a close friend.

#### **For Emotional Regulation:**

- Name your emotions specifically ("*I feel overwhelmed*" not "*I feel bad*").
- Use the STOP technique: Stop, Take a breath, Observe, Proceed.
- Create a calm-down toolkit (music, textures, scents that soothe).
- Notice where emotions show up in your body.
- Remember: all feelings are valid, not all actions are. Your feelings don't give you permission to act in harmful ways.

Ready to make gratitude the order of the day for the next 30 days and beyond? Walk with me.

## Day 1.

Date: \_\_\_\_\_

Today I'm grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Something small that made me smile today:

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One thing I did well today:

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Today, I discovered this about myself:

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Reflection: What does gratitude feel like in my body right now?

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## Day 2.

Date: \_\_\_\_\_

Today I'm grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

A person who made my day better:

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Something I often take for granted but appreciate today:

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What's my favorite simple pleasure?

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Reflection: How did I show kindness to myself or others today?

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## Day 3.

Date: \_\_\_\_\_

Today I'm grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

A challenge I faced today and how I handled it:

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Something beautiful I noticed today:

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What memory always brings a smile to my face?

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Reflection: What strength did I use today that I'm proud of?

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## Day 4.

Date: \_\_\_\_\_

Today I'm grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

A comfort or simple pleasure I enjoyed:

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Something my body allowed me to do today:

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What song, sound, or smell always lifts my mood?

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Reflection: What made me feel peaceful, even for a moment?

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## Day 5.

Date: \_\_\_\_\_

Today I'm grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

A lesson I learned recently:

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Something I'm looking forward to:

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What's one thing I used to wish for that I have now?

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Reflection: How am I different from who I was a year ago?

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## Day 6.

Date: \_\_\_\_\_

Today I'm grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

A way someone showed they care about me:

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Something that worked out better than expected:

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What's a small, funny moment that brightened your week?

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Reflection: What do I need more of in my life right now?

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## Day 7.

Date: \_\_\_\_\_

Today I'm grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

A mistake I made and what it taught me:

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Something I accomplished this week (big or small):

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What privilege or opportunity do I often overlook?

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Reflection: What am I ready to let go of?

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## Day 8.

Date: \_\_\_\_\_

Today I'm grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

A memory that makes me smile:

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Something I have now that I once hoped for:

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A hobby or activity that makes me lose track of time

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Reflection: How did I practice self-compassion today?

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## Day 9.

Date: \_\_\_\_\_

Today I'm grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

A place that brings me peace:

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Something I heard, read, or learned that resonated:

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Who in my life deserves a “thank you” – and why?

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Reflection: What does my heart need to hear right now?

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Today I'm grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

A difficult season I've survived:

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Something I created or contributed today:

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Something I love about my daily routine:

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Reflection: What am I becoming more comfortable with?

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Today I'm grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

A conversation that felt meaningful:

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Something that made me feel connected:

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A lesson life has taught me that I now appreciate:

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Reflection: How did I honor my boundaries today?

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Today I'm grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

A small act of kindness I witnessed or experienced:

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Something I'm getting better at:

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Who makes me feel safe and understood?

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Reflection: What permission do I need to give myself?

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Today I'm grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

A way I took care of myself today:

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Something that felt easy or natural today:

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Something that reminds me of how far I've come

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Reflection: What would I tell my younger self about today?

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Today I'm grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

A moment I felt truly present:

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Something I have access to that makes my life easier:

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Something I'm grateful to myself for:

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Reflection: What's one thing going right in my life right now?

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Today I'm grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

A way my past struggles have made me stronger:

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Something I did that aligned with my values:

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Something I've accomplished that I rarely give myself credit for:

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Reflection: What does my life have abundance of?

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Today I'm grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

A quality I appreciate about myself:

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Something unexpected that happened today:

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Something in nature I'm grateful for right now:

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Reflection: How have I grown in the past two weeks?

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Today I'm grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

A sensory experience I enjoyed (taste, smell, touch, sound, sight):

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Something I said no to that protected my peace:

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One thing about my body I appreciate today:

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Reflection: What makes me feel most like myself?

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Today I'm grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

A relationship I'm grateful for and why:

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Something I'm learning to accept about myself:

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Three small things that made today a little better

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Reflection: Where do I see progress in my life?

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Today I'm grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

A way someone's existence has positively impacted my life:

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Something I handled differently than I used to:

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A recent challenge that helped me grow:

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Reflection: What old pattern am I releasing?

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Today I'm grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

A moment I felt safe and comfortable:

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Something about my life right now that feels good:

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A part of my past I'm now grateful for – even though it was hard:

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Reflection: What am I ready to embrace more fully?

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Today I'm grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

A way I've been brave recently:

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Something I've overcome that I'm proud of:

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A habit, mindset, or practice that has improved my well-being:

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Reflection: What would change if I believed I was enough exactly as I am?

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Today I'm grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

A resource or tool that's been helpful to me:

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Something that brings me comfort:

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Someone I'm grateful to have learned from, even if they're no longer in my life?

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Reflection: How am I showing up for myself differently?

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Today I'm grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

A way nature or the outdoors touched my life today:

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Something I no longer stress about like I used to:

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How I've changed for the better in the last year:

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Reflection: What does rest look like for me?

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Today I'm grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

A moment where I felt understood:

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Something about today that surprised me:

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My current mindset about my life is:

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Reflection: What am I most proud of about my journey?

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Today I'm grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

A tradition or routine I cherish:

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Something I'm learning to be patient with:

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Someone who has shown me kindness lately and how it affected me:

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Reflection: What does my authentic self look like?

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Today I'm grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

A way technology or modern convenience helped me:

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Something I said yes to that felt right:

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Some people who make my life full:

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Reflection: How am I practicing self-trust?

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Today I'm grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

A quality in someone else that inspires me:

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Something difficult that I'm handling:

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Ways I've given myself some self-care this week

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Reflection: What support do I have that I sometimes forget about?

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Today I'm grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

A way my home or space supports me:

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Something I did just for joy, not productivity:

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Self-love to me means:

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Reflection: What story am I ready to rewrite about myself?

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Today I'm grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

A skill or ability I have that serves me well:

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Something that felt like a gift today:

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3 Things I love about my body

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Reflection: How has this gratitude practice changed me?

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## Day 30.

Date: \_\_\_\_\_

Today I'm grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

The biggest shift I've noticed in 30 days:

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Something I want to continue practicing:

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Rate my mental health on a scale of 1 (poor) to 10 (amazing) and why I'm giving this rating

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Reflection: What do I know now that I didn't know 30 days ago?

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## **Closing Thoughts**

You did it!

Thirty days of showing up for yourself.

Look back through these pages. Notice what you've captured—not just the words, but the moments, the feelings, the gentle awareness you've been building.

Gratitude isn't about pretending life is perfect. It's about training your mind to see what's good alongside what's hard. It's about falling in love with the small, sacred, ordinary moments that make up a life.

You've proven you can do this. You've practiced noticing beauty, honoring your growth, and treating yourself with compassion.

Keep going. Keep noticing. Keep choosing to see the gifts hidden in your everyday life.

Your life is happening right now, and you're learning to love it—struggles and all.

That's everything.

### **What's next?**

- Start another 30 days, because why not?
- Continue with just 3 gratitudes daily
- Share this practice with someone you love
- Notice how you carry this awareness forward

Remember: You are worthy of joy. You are worthy of peace. You are worthy of a life you love—exactly as you are, right now and I stay rooting for you always.

## Free eBooks to Support Your Growth & Well-being

*Click on the image to download!*



## See what's new on the Blog



*Basilia Frankel*

### Good Old Therapy I CBT

Self-improvement enthusiast, CBT therapist, with 4 years of experience helping people prioritize their mental health and reclaim their lives.

Basilia uses her proven system for retraining the mind, offering practical tools that help people become the version of themselves they need to joyfully thrive, not just survive.

It's okay to **lean on me.**