

30 DAYS OF GRATITUDE

Journal



WELCOME TO YOUR GRATITUDE JOURNAL

Yay! You've got a journal that will help you notice all the little things that make life special. This is a space for the whole family - kids, parents, siblings, and grandparents - to pause, think, and celebrate the things that God has blessed us with.

Why Keep a Gratitude Journal?

When we pay attention to what we're thankful for, amazing things can happen:

- You start to see the beauty and fun in everyday moments
- Everyone in your family can share their wins and happy moments.
- It's a great way to feel calmer, happier, and more connected.
- It makes it easier to "take every thought captive" and focus on the good instead of the bad.



How to Use This Journal

- Pick a time that works for your family - maybe at breakfast, after dinner, or before bed
- Read the daily prompt - each day has a question or idea to get your brain thinking about gratitude.
- Write, draw, or doodle your thoughts - there's no wrong way to do it! Even a quick sentence, a few key words, or a fun drawing counts.
- Share your gratitude if you want - you can talk about it with your family or keep it private.
- Try to do a little each day - even just a few minutes makes a difference!

Tips for Making it Fun

- Use colorful pens, stickers, or crayons to decorate your pages. Highlighters are great too!
- Let younger kids draw pictures or use simple words to show what they're thankful for.
- Make it a family habit: everyone can take turns reading their favorite entries aloud.
- Look back at past entries whenever you need a reminder of how awesome your life is!

This journal is your little adventure in noticing joy, kindness, and love around you. Some days you will have lots to write, while other days may be just one thing - and that's okay! The most important part is that you pause, pay attention, and notice what God is trying to show you.

Let's make each day a little brighter together!



30 DAYS OF GRATITUDE

Quick glance

Every day, write down something you are thankful for! Name a different thing each day.

Day 1 _____

Day 16 _____

Day 2 _____

Day 17 _____

Day 3 _____

Day 18 _____

Day 4 _____

Day 19 _____

Day 5 _____

Day 20 _____

Day 6 _____

Day 21 _____

Day 7 _____

Day 22 _____

Day 8 _____

Day 23 _____

Day 9 _____

Day 24 _____

Day 10 _____

Day 25 _____

Day 11 _____

Day 26 _____

Day 12 _____

Day 27 _____

Day 13 _____

Day 28 _____

Day 14 _____

Day 29 _____

Day 15 _____

Day 30 _____

DAY ONE

What is something that makes you smile every day?

Today I'm thankful for...

This makes me feel....

How can I show gratitude for this today?

DRAW IT!



DAY TWO

What is a favorite memory that makes you happy when you think about it?

Today I'm thankful for...

This reminds me that...

Today, I can show my gratitude by...

FAMILY REFLECTION:

Share a favorite memory and why it's your favorite.



DAY THREE

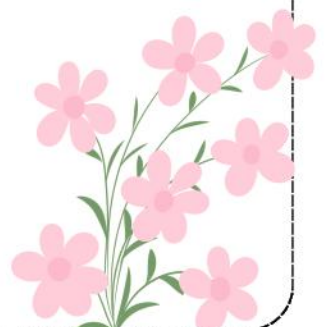
Who is someone who helps you feel safe and loved?

Today I'm thankful for...

Because of this, I can...

Today, I can show my gratitude by...

FAMILY GRATITUDE MOMENT:



DAY FOUR

What is a favorite memory that makes you happy when you think about it?

I see beauty in...

This makes me feel....

A way I can share my joy...

FAMILY REFLECTION:

Share a favorite memory and why it's your favorite.



DAY FIVE

What is something in nature that you are thankful for?

Something I'm learning to appreciate...

This reminds me that...

Something I can pray for....

DRAW IT!



DAY SIX

What is something about your home that makes it special?

Today I'm thankful for...

Why it's meaningful to me...

A prayer of thanks:

GRATITUDE DOODLE OF THE DAY



DAY SEVEN

What is a food you're grateful exists?

What I'm thankful for today...

Because of this I can...

How I can make someone smile...

WHAT MADE YOU LAUGH TODAY?



DAY EIGHT

What is a skill, talent, or ability you are thankful for?

What I'm thankful for today..

This shows me that God is...

Something I can pray for...

FAMILY GRATITUDE MOMENT



DAY NINE

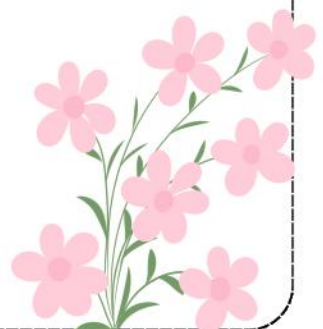
Think of a teacher, mentor, or coach you are thankful for.

Who I'm thankful for today...

Because of this I can...

How I can show gratitude...

WHAT MADE YOU LAUGH TODAY?



DAY TEN

What is something that made you laugh recently?

A moment I want to remember...

This shows me that God is...

A way I can bless someone this week...

COLOR WHAT MAKES YOU HAPPY



DAY ELEVEN

What is a cozy or comforting thing you are thankful for?

What I'm thankful for today...

This reminds me that...

One kind thing I can do this week...

DRAW IT!



DAY TWELVE

Think of someone who has shown you kindness.

Who I'm thankful for today...

When I think about this, I feel...

How I can say thank you...

FAMILY GRATITUDE MOMENT



DAY THIRTEEN

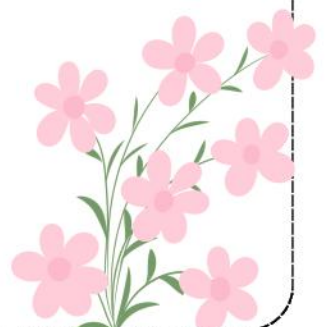
Think of a song, book, or show that you love.

What I'm thankful for today...

Because of this I can...

I feel closest to God when....

FAMILY REFLECTION:



DAY FOURTEEN

What is something that God has shown you lately that you are thankful for?

What I'm thankful for today..

This shows me that God is...

Something I can pray for...

FAMILY GRATITUDE MOMENT



DAY FIFTEEN

Think of a time you learned something new - and it felt good!

God, thank you for...

It helps me feel...

A way I can share joy...

WHAT MADE YOU LAUGH TODAY?



DAY SIXTEEN

What is a challenge that has taught you something?

What I'm thankful for today..

This shows me that God is...

Something I can pray for...

FAMILY GRATITUDE MOMENT



DAY SEVENTEEN

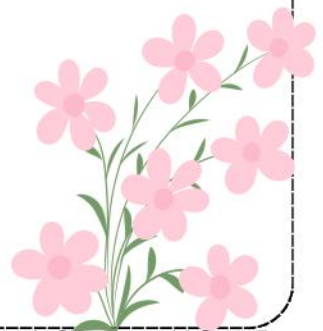
What is a family tradition that you love?

This helps me feel loved...

This reminds me that...

One kind thing I can do this week...

GRATITUDE SNAPSHOT



DAY EIGHTEEN

What is something you that you are proud of?

What I'm thankful for today..

When I think of this I feel...

Who I want to encourage today...

DRAW IT!



DAY NINETEEN

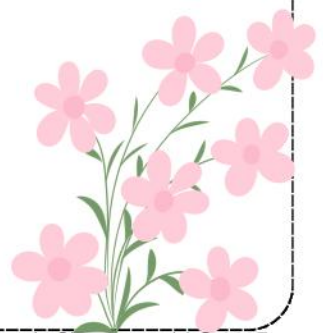
Think of a friend you are thankful for - why are you thankful for them?

God, thank You for...

Because of them I can...

Who I want to encourage today...

FAMILY REFLECTION



DAY TWENTY

What is something that smells amazing?

What I'm thankful for today..

This shows me that God is...

A way I can share joy...

GRATITUDE DOODLE



DAY TWENTY-ONE

What is a small thing that made your day better?

What I'm thankful for today...

This reminds me that...

A way I can bless someone else...

WHAT MADE YOU LAUGH TODAY?



DAY TWENTY-TWO

Think of a moment this week where you felt peaceful.

What I'm thankful for today..

This shows me that God is...

Something I can pray for...

FAMILY GRATITUDE MOMENT



DAY TWENTY-THREE

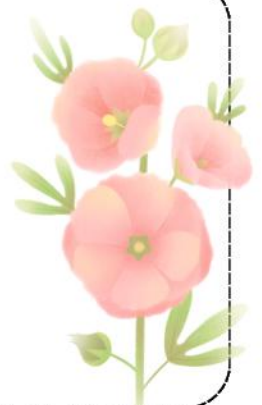
What is something that makes your life easier?

Today I'm grateful for...

It helps me feel...

How I can make someone smile...

DRAW IT!



DAY TWENTY-FOUR

What is a favorite way to spend time together as a family?

This helps me feel loved...

This reminds me that....

How I can say thank you...

FAMILY REFLECTION



DAY TWENTY-FIVE

Think of a time God answered a prayer or gave you peace.

A moment I want to remember...

This shows me that God is...

Something I can pray for...

FAMILY GRATITUDE MOMENT



DAY TWENTY-SIX

What is something that reminds you of love?

What I'm thankful for today..

This shows me that God is...



Something I can pray for...

DRAW IT!



DAY TWENTY-SEVEN

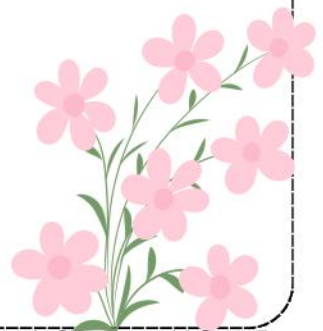
Think of a person or a pet who makes you laugh

Who I am thankful for today...

They help me feel...

How I can say thank you...

WHAT MADE YOU LAUGH TODAY?



DAY TWENTY-EIGHT

What is something that you're excited for in the future?

What I'm thankful for today..

This shows me that God is...

Something I can pray for...

SOMETHING TO THANK GOD FOR



DAY TWENTY-NINE

What is something that makes you feel strong and brave?

One thing I am taking for granted (and why I shouldn't)...

This reminds me that....

How I can make someone smile...

DRAW IT!



DAY THIRTY

What is one big thing you've learned this month about gratitude?

Something I'm learning to appreciate...

This reminds me that...

I notice that gratitude changes...

FAMILY GRATITUDE MOMENT



BEFORE YOU CLOSE THIS GRATITUDE JOURNAL



Dear friend,

Thank you for taking this journey of gratitude. Whether you filled every page or simply paused to notice one small blessing today, you've done something truly powerful — you've trained your heart to see God's blessings.

Gratitude changes the way we see our days. It doesn't erase the hard moments, but it helps us find beauty and joy right in the middle of them. It helps us lean into God's promises, recognize His hand in our lives, and literally changes our health for the better. The moments you captured here — big or small — are little reminders that even ordinary days hold extraordinary gifts.

As you close this journal, I hope you carry the peace and gratitude with you. Keep noticing. Keep thanking. Keep choosing joy. Gratitude doesn't end on this page — it keeps growing wherever you go.

See you soon,

Mrs. Holman

P.S. Come back to these pages anytime you need a reminder of how God has moved in your life!

