

GRATITUDE CHALLENGE WORKSHEETS



What little joy made you smile today?

7-Day Gratitude Challenge

Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7

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Lined

How did you grow or learn this month?

30-Day Gratitude Challenge

☐ 1 ☐ 2 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 10
☐ 8 ☐ 9 ☐ 11 ☐ 12 ☐ 13 ☐ 14 ☐ 15 ☐ 16
☐ 15 ☐ 16 ☐ 17 ☐ 19 ☐ 20 ☐ 21 ☐ 22 ☐ 23
☐ 22 ☐ 23 ☐ 25 ☐ 26 ☐ 27 ☐ 28 ☐ 29 ☐ 30

Lined

Weekly Habit Tracker

How do you feel after this week?

Gratitude entry
 Kind act
 Communication
 Emotion
 Feel bress
 Week omd energy

M T W T F S S

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Reflect on your consistency
