

MONTHLY GRATITUDE CHALLENGE

WEEK 1
(MON-FRI)

WEEK 2

WEEK 3

WEEK 4

WEEK 5

1

A small joy today

2

Someone I'm thankful for

3

A lesson I learned

4

A cozy moment

6

Nature's beauty

7

A person who inspires me

8

Something I accomplished

9

My health and body

10

A moment of peace

11

A kind gesture received

12

My favorite song

13

A small luxury

14

A comforting routine

14

A comforting routine

15

A fun memory

16

The sunrise/hobby

18

Something warm

19

A thoughtful message

20

A scent I love

21

A simple pleasure

22

My home & space

23

A creative moment

24

A laughter shared

25

An unexpected gift

26

A place I love

27

A skill I have

28

A quiet evening

29

A book I enjoy

30

My support system

31

This month's highlights

NOTES & REFLECTIONS