

30 Pays of Gratitude

This printable journal is a free gift to my newsletter subscribers.

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Focusing on gratitude and appreciation for all the amazing things in your life, is one of the simplest and most effective ways to align with a life you love.

It's an awareness, a thankfulness of the good things in your life - in you and in the world around you.

By showing gratitude and appreciation for what you have, you naturally align with 'more' things in your life to appreciate and be grateful for.

What we feel on the inside is usually what we experience in our outer reality. Life isn't perfect but even when we are experiencing challenges, we can always find something that we feel gratitude and appreciation for - no matter how small.

One of the easiest ways to make gratitude and appreciation a habit is to keep a gratitude journal. Whether you choose to journal in the morning, or at night, in your lunch break or when the kids are in bed.... it's up to you.

Just pick a quiet time that feels good and spend a few minutes appreciating and writing down something positive.

Writing in your journal every day (or at least a few times per week) will ensure you shine a light on the 'positive' so that the 'negative' can fade away. Challenge yourself to do it for 30 days and just see how amazing the knock on effect really is.

The following pages contain 30 gratitude journal prompts to help you contemplate the many amazing things that are in your life already.

Since we always get what we focus on, this will help you to align with and welcome in more of the same!



There is always something to be thankful for.

30 Days of Gratitude

Day 1: What aspects of your life are you really appreciative of in this moment and why?

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Day 2: What aspects of your health and wellbeing are you most thankful for and why?

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Day 3: Think of the favourite people in your life. What qualities do you appreciate the most about them?

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Day 4: Write about how you felt the last time someone did a kind deed for you.

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Day 5: Think about a time you really enjoyed the company of a good friend. What did you appreciate most about your time together?

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Day 6: Think about a recent hardship. What positive aspect or opportunity came from it?

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Day 7: List 3-5 things you love about yourself and why.

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Day 8: Write about your favourite season. What is it you love about it the most?

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Day 9: Write about a time when you really felt appreciative of something or someone in your life.

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Day 10: Think back over the past year. Write about some of the changes you've made and why you are so grateful for them.

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Day 11: Write about something you love doing and why you are so grateful to be able to do it.

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Day 12: Think about just one of your amazing qualities. How does this quality enrich the lives of those close to you?

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Day 13: List 3-5 positive aspects of your local community and why you love those aspects.

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Day 14: Sunrise or Sunset? Which is your favourite and why?

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Day 15: Write about something that really makes you belly laugh. Why does it feel so good?

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Day 16: Think about the home that you live in right now. What is it you most love about it and why?

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Day 17: Write about something that you have an abundance of but sometimes take for granted. What is it that you appreciate about it?

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Day 18: Write about 3-5 of life's little pleasures and what you love about them.

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Day 19: Write about how you felt the last time you did a kind deed for someone. How did it make you feel?

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Day 20: Think about one of your favourite pastimes and why you enjoy it so much.

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Day 21: Where is your favourite place in nature and why do you love it so much?

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Day 22: Write about an activity that makes you lose track of time. What is it about that activity that you love so much?

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Day 23: Write about something you love the most about someone close to you?

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Day 24: Think about a setback you had in the past and how it turned out to be a blessing in disguise. Why was that?

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Day 25: What is one of your greatest strengths? Write about why you appreciate this quality in yourself.

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Day 26: Think about something that positively aroused one of your senses. What was it and why did it feel so good?

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Day 27: Write about a time that you cried happy tears and what was it that gave you so much joy.

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Day 28: Write about a mistake you made. What did you learn from this experience that you feel so thankful for?

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Day 29: What is your favourite time of the day and why?

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Day 30: What do you love most about your life right now and why?

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