

# 30 Day Gratitude *Journal*

Month :

Year :

<p><b>01</b></p> <p>Make a list of people you are grateful for</p>	<p><b>02</b></p> <p>Write down the spaces you are grateful for. House, car, outdoors</p>	<p><b>03</b></p> <p>What is something that happened today that you are grateful for.</p>	<p><b>04</b></p> <p>Write down a scripture verse you are thankful for.</p>	<p><b>05</b></p> <p>Write down a pet you are thankful for.</p>
<p><b>06</b></p> <p>Write down a favorite food you are grateful for.</p>	<p><b>07</b></p> <p>Thank God for a time that he delivered you out of a hard season.</p>	<p><b>08</b></p> <p>Thank God for a part of nature that makes you feel close to Him.</p>	<p><b>09</b></p> <p>Write down all of the attributes of God you can think of and are thankful for.</p>	<p><b>10</b></p> <p>Think of a time when you needed God's grace. Thank him for His amazing grace.</p>
<p><b>11</b></p> <p>Thank God for a spiritual mentor you are grateful for.</p>	<p><b>12</b></p> <p>Write down a time when God answered your prayer and thank Him for that.</p>	<p><b>13</b></p> <p>Tell one person in your life you are grateful for them.</p>	<p><b>14</b></p> <p>Write down a time when you heard from God and are thankful you did.</p>	<p><b>15</b></p> <p>Write down a lyric to a song that you are grateful for.</p>
<p><b>16</b></p> <p>Write down a church body or your current local church you are thankful for.</p>	<p><b>17</b></p> <p>Thank God for His faithfulness towards His promises – to Israel and to you.</p>	<p><b>18</b></p> <p>Let your spiritual mentor know you are thankful for them.</p>	<p><b>19</b></p> <p>Thank God for a time He disciplined you.</p>	<p><b>20</b></p> <p>Thank God for your family</p>
<p><b>21</b></p> <p>Write down a memory you are thankful for.</p>	<p><b>22</b></p> <p>A personality trait God created in you.</p>	<p><b>23</b></p> <p>A hobby you enjoy</p>	<p><b>24</b></p> <p>A hard lesson you learned that you are grateful for.</p>	<p><b>25</b></p> <p>Thank God for your family</p>
<p><b>26</b></p> <p>Describe a mistake you made that you learned from.</p>	<p><b>27</b></p> <p>Thank God for the health you have.</p>	<p><b>28</b></p> <p>A friendship that ended that you are grateful for.</p>	<p><b>29</b></p> <p>Take some time to thank God for Jesus' death and resurrection on the cross.</p>	<p><b>30</b></p> <p>Think about a spiritual gift that someone else has that you are thankful for and tell them.</p>
<p><b>31</b></p> <p>Write down someone who's life models Christ's and thank God for their example.</p>	<p><i>Notes :</i> .....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>			