



Welcome to the Gratitude Challenge!

In the tapestry of life, gratitude serves as a radiant thread that weaves together the fabric of our existence, creating a masterpiece of joy and well-being. As Christians, we are called to embrace gratitude as a transformative force, recognizing its profound influence on our spirits, minds, and bodies. The act of expressing gratitude is not merely a pleasant social courtesy; it is a profound spiritual practice that resonates with the teachings of Christ and holds the power to enhance the quality of our lives.

“Give thanks in every situation because this is God’s will for you in Christ Jesus.”

~ 1 Thessalonians 5:18 ~

Through gratitude practices, you can become more attuned with your highest self and begin to look at life through a pure lens of God’s love—and fully see, and appreciate, the blessings that have always been there. Plus, dozens of neuroscience studies have shown when you give and receive gratitude dopamine and serotonin are released in your brain which leads to feelings of pleasure, happiness, and overall well-being. Being grateful activates “gratitude” circuits in your brain, strengthening positive neural pathways which makes you a more positive and hope-focused person. Gratitude can literally makes you a healthier and happier person.

Ahead you’ll find various gratitude journaling prompts to help rewire your brain to focus on the positives in your life and in the world. Ultimately, choosing to see the good allows you to become more open to receiving even more good—and maybe, just maybe, the more open we become, the more empathetic and Christ-like we will be, too.

This journal is designed with 31 gratitude prompts for a whole month of focused thankfulness. The final pages are left blank so you can copy them as many times as you would like, punch three holes in the side, and add them to your own gratitude notebook. Try to go as many days as possible with your journaling!

Day 1: Write about someone you truly admire

Day 2: List five foods you enjoy

1. _____
2. _____
3. _____
4. _____
5. _____

Day 3: List five friends you appreciate

1. _____
2. _____
3. _____
4. _____
5. _____

Day 4: Describe your favorite moment this morning, this afternoon, and this evening

Day 5: Write about a success/achievement you are most proud of (and who helped you)

Day 6: Write about a movie that touched your heart and why

Day 7: Things you love about God's creation

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____

Day 8: Things that help you in our daily life

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____

Day 9: What do you love most about yourself

Day 10: Write about an electronic device you feel grateful to have

Day 11: Things in your home you appreciate

1. _____
2. _____
3. _____
4. _____
5. _____

Day 12: List "tools" that help you save time

1. _____
2. _____
3. _____
4. _____
5. _____

Day 13: What was the most enjoyable part of your childhood

Day 14: What is the favorite part of your town or city

Day 15: What is the most fascinating thing about your life

Day 16: In what ways have you experienced God's grace

Day 17: Your most prized possessions

1. _____
2. _____
3. _____
4. _____
5. _____

Day 18: People who have shown you kindness

1. _____
2. _____
3. _____
4. _____
5. _____

Day 19: What is something that always makes you happy

Day 24: Write about a hobby—how does it make you feel and why is it special to you

Day 25: Your favorite movies

1. _____
2. _____
3. _____
4. _____
5. _____

Day 26: Animals you love

1. _____
2. _____
3. _____
4. _____
5. _____

Day 27: One of the best experiences you've had this year was...

Day 28: Where I feel the love of God most

Topic:

Topic:

Topic:

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Topic:
