



30 Days of Thanksgiving

DAY 1

A simple joy in your daily routine

DAY 2

Write down 3 things you're grateful for

DAY 3

A skill or talent you're proud of

DAY 4

A cozy moment from today

DAY 5

Someone who makes you laugh

DAY 6

A time you helped someone

DAY 7

An object that brings you comfort

DAY 8

A family tradition you love

DAY 9

A favorite memory you cherish

DAY 10

A friend who always supports you

DAY 11

A book, movie, or song that lifts you up

DAY 12

Someone who inspires you

DAY 13

Share a favorite quote on gratitude

DAY 14

A place that feels like home

DAY 15

A lesson you've learned recently

DAY 16

A kind act someone did for you

DAY 17

A goal you're working toward

DAY 18

Someone who made you smile today

DAY 19

An achievement you're proud of

DAY 20

The beauty of nature around you

DAY 21

Five things you're thankful for outdoors

DAY 22

A challenge you've overcome

DAY 23

Your favorite Thanksgiving memory

DAY 24

Something you're looking forward to

DAY 25

Someone you think of often

DAY 26

One thing you're thankful for with a loved one

DAY 27

A meal that brings back good memories

DAY 28

Something that makes you feel calm

DAY 29

A piece of advice that helped you

DAY 30

Reflect on three blessings from this past month



30 Days of Thanksgiving

DAY 1	DAY 16
DAY 2	DAY 17
DAY 3	DAY 18
DAY 4	DAY 19
DAY 5	DAY 20
DAY 6	DAY 21
DAY 7	DAY 22
DAY 8	DAY 23
DAY 9	DAY 24
DAY 10	DAY 25
DAY 11	DAY 26
DAY 12	DAY 27
DAY 13	DAY 28
DAY 14	DAY 29
DAY 15	DAY 30