

# November

## DAILY GRATITUDE CHALLENGE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

*gratitude*

IS A POWERFUL CATALYST FOR HAPPINESS. IT'S THE SPARK THAT LIGHTS A FIRE OF JOY IN YOUR SOUL.  
-AMY COLLETTE

1

WHAT ARE YOU MOST GRATEFUL FOR TODAY?

2

NAME SOMETHING BEAUTIFUL YOU SAW TODAY.

3

WHAT MEMORY ARE YOU GRATEFUL FOR?

4

WHAT ABOUT YOUR BODY ARE YOU GRATEFUL FOR?

5

WHAT TALENTS OR ABILITIES ARE YOU GRATEFUL FOR?

6

NAME A BASIC NEED THAT HAS BEEN MET.

7

WHAT SMALL THING ARE YOU GRATEFUL HAPPENED TODAY?

8

WHAT MADE YOU SMILE TODAY?

9

WHAT DID YOU ACCOMPLISH TODAY?

10

WHAT'S SOMETHING YOU'RE LOOKING FORWARD TO?

11

WHAT FOOD ARE YOU THANKFUL FOR TODAY?

12

WHAT IS YOUR BIGGEST ACCOMPLISHMENT?

13

DESCRIBE A FAMILY TRADITION YOU'RE GRATEFUL FOR.

14

DESCRIBE YOUR FAVORITE SMELL.

15

HOW IS YOUR LIFE MORE POSITIVE TODAY THAN YESTERDAY?

16

WHAT WAS YOUR FAVORITE PART OF THE DAY?

17

WHAT PERSON MAKES YOUR LIFE BETTER?

18

WHAT KINDNESS DID SOMEONE GIVE YOU TODAY?

19

WHAT'S SOMETHING THAT MADE YOU FEEL COURAGEOUS

20

WHAT'S YOUR FAVORITE DRINK FROM TODAY?

21

WHAT BOOK ARE YOU GRATEFUL FOR READING?

22

WHAT ARE YOU LOOKING FORWARD TO THIS WINTER?

23

DESCRIBE A MOMENT YOU TRULY FELT AT PEACE.

24

WHAT MAKES YOU BEAUTIFUL?

25

WHAT CHALLENGE ARE YOU GRATEFUL FOR?

26

WHAT'S SOMETHING THAT MADE YOU LAUGH TODAY?

27

WHAT'S YOUR GUILTY PLEASURE?

28

PEOPLE IN YOUR LIFE THAT YOU'RE GRATEFUL FOR.

29

WHO DO YOU LOVE?

30

HOW HAS PRACTICING GRATITUDE CHANGED YOUR LIFE?