

30-day Gratitude challenge



Day 1

Write about your biggest dream.

Day 2

List 5 things you are grateful for today.

Day 3

Describe a time you felt truly proud of yourself.

Day 4

What are your strengths and weaknesses?

Day 5

Write about your biggest regret? How can you learn from them?

Day 6

What are your core values? How do you live by them?

Day 7

Write a letter to your future self.

Day 8

What makes you feel truly happy?

Day 9

What are you passionate about?

Day 10

What are your biggest dreams and aspirations?

Day 11

What are your favorite ways to spend your free time?

Day 12

What are your thoughts and feelings right now?

Day 13

What are your biggest lessons learned in the past year?

Day 14

Set 3 small, achievable goals for the upcoming week.

Day 15

Brainstorm ideas for a new hobby or skill you'd like to learn.

Day 16

Reflect on your progress towards yourself.

Day 17

Describe the sounds you hear around you.

Day 18

Reflect on your thoughts and feelings without judgment.

Day 19

Journal about a time you felt overwhelmed and how you coped with it.

Day 20

Write about a positive affirmation that resonates with you.

Day 21

Describe a recent challenge you faced and how you overcame it.

Day 22

How do you want to grow and evolve as a person?

Day 23

Write a short story, poem, or song.

Day 24

Describe a place that inspires you.

Day 25

What are your favorite books, movies, or music? Why?

Day 26

What is something you've always wanted to learn?

Day 27

What is one thing you can do today to improve your future?

Day 28

What are your biggest hopes and dreams for the future?

Day 29

Set intentions for the future. What do you want to achieve next?

Day 30

What advice would you give to your younger self?