

Gratitude Diary

The 30 Day Challenge

ENJOY

THE LITTLE

THINGS



SHAUN HUMPHRIES

Tutor, Coach and Hypnotherapist



Day 1:

Date: _____ **Year:** _____

3 Things you are Grateful For Today:

1. _____

2. _____

3. _____

Weather: _____

Mood: Very Happy / Happy / Sad / Very Sad *or choose your own:* _____



Day 2:

Date: _____ Year: _____

3 Things you are Grateful For Today:

1. _____

2. _____

3. _____

Weather: _____

Mood: Very Happy / Happy / Sad / Very Sad *or choose your own:* _____



Day 3:

Date: _____ Year: _____

3 Things you are Grateful For Today:

1. _____

2. _____

3. _____

Weather: _____

Mood: Very Happy / Happy / Sad / Very Sad *or choose your own:* _____



Day 4:

Date: _____ Year: _____

3 Things you are Grateful For Today:

1. _____

2. _____

3. _____

Weather: _____

Mood: Very Happy / Happy / Sad / Very Sad *or choose your own:* _____



Day 5:

Date: _____ Year: _____

3 Things you are Grateful For Today:

1. _____

2. _____

3. _____

Weather: _____

Mood: Very Happy / Happy / Sad / Very Sad *or choose your own:* _____



Day 6:

Date: _____ Year: _____

3 Things you are Grateful For Today:

1. _____

2. _____

3. _____

Weather: _____

Mood: Very Happy / Happy / Sad / Very Sad *or choose your own:* _____



Day 7:

Date: _____ Year: _____

3 Things you are Grateful For Today:

1. _____

2. _____

3. _____

Weather: _____

Mood: Very Happy / Happy / Sad / Very Sad *or choose your own:* _____



Day 8:

Date: _____ Year: _____

3 Things you are Grateful For Today:

1. _____

2. _____

3. _____

Weather: _____

Mood: Very Happy / Happy / Sad / Very Sad *or choose your own:* _____



Day 9:

Date: _____ Year: _____

3 Things you are Grateful For Today:

1. _____

2. _____

3. _____

Weather: _____

Mood: Very Happy / Happy / Sad / Very Sad *or choose your own:* _____



Day 10:

Date: _____ Year: _____

3 Things you are Grateful For Today:

1. _____

2. _____

3. _____

Weather: _____

Mood: Very Happy / Happy / Sad / Very Sad *or choose your own:* _____



Day 11:

Date: _____ Year: _____

3 Things you are Grateful For Today:

1. _____

2. _____

3. _____

Weather: _____

Mood: Very Happy / Happy / Sad / Very Sad *or choose your own:* _____



Day 12:

Date: _____ Year: _____

3 Things you are Grateful For Today:

1. _____

2. _____

3. _____

Weather: _____

Mood: Very Happy / Happy / Sad / Very Sad *or choose your own:* _____



Day 13:

Date: _____ Year: _____

3 Things you are Grateful For Today:

1. _____

2. _____

3. _____

Weather: _____

Mood: Very Happy / Happy / Sad / Very Sad *or choose your own:* _____



Day 14:

Date: _____ Year: _____

3 Things you are Grateful For Today:

1. _____

2. _____

3. _____

Weather: _____

Mood: Very Happy / Happy / Sad / Very Sad *or choose your own:* _____



Day 15:

Date: _____ Year: _____

3 Things you are Grateful For Today:

1. _____

2. _____

3. _____

Weather: _____

Mood: Very Happy / Happy / Sad / Very Sad *or choose your own:* _____



Day 16:

Date: _____ Year: _____

3 Things you are Grateful For Today:

1. _____

2. _____

3. _____

Weather: _____

Mood: Very Happy / Happy / Sad / Very Sad *or choose your own:* _____



Day 17:

Date: _____ Year: _____

3 Things you are Grateful For Today:

1. _____

2. _____

3. _____

Weather: _____

Mood: Very Happy / Happy / Sad / Very Sad *or choose your own:* _____



Day 18:

Date: _____ Year: _____

3 Things you are Grateful For Today:

1. _____

2. _____

3. _____

Weather: _____

Mood: Very Happy / Happy / Sad / Very Sad *or choose your own:* _____



Day 19:

Date: _____ Year: _____

3 Things you are Grateful For Today:

1. _____

2. _____

3. _____

Weather: _____

Mood: Very Happy / Happy / Sad / Very Sad *or choose your own:* _____



Day 20:

Date: _____ Year: _____

3 Things you are Grateful For Today:

1. _____

2. _____

3. _____

Weather: _____

Mood: Very Happy / Happy / Sad / Very Sad *or choose your own:* _____



Day 21:

Date: _____ Year: _____

3 Things you are Grateful For Today:

1. _____

2. _____

3. _____

Weather: _____

Mood: Very Happy / Happy / Sad / Very Sad *or choose your own:* _____



Day 22:

Date: _____ Year: _____

3 Things you are Grateful For Today:

1. _____

2. _____

3. _____

Weather: _____

Mood: Very Happy / Happy / Sad / Very Sad *or choose your own:* _____



Day 23:

Date: _____ Year: _____

3 Things you are Grateful For Today:

1. _____

2. _____

3. _____

Weather: _____

Mood: Very Happy / Happy / Sad / Very Sad *or choose your own:* _____



Day 24:

Date: _____ Year: _____

3 Things you are Grateful For Today:

1. _____

2. _____

3. _____

Weather: _____

Mood: Very Happy / Happy / Sad / Very Sad *or choose your own:* _____



Day 25:

Date: _____ Year: _____

3 Things you are Grateful For Today:

1. _____

2. _____

3. _____

Weather: _____

Mood: Very Happy / Happy / Sad / Very Sad *or choose your own:* _____



Day 26:

Date: _____ Year: _____

3 Things you are Grateful For Today:

1. _____

2. _____

3. _____

Weather: _____

Mood: Very Happy / Happy / Sad / Very Sad *or choose your own:* _____



Day 27:

Date: _____ Year: _____

3 Things you are Grateful For Today:

1. _____

2. _____

3. _____

Weather: _____

Mood: Very Happy / Happy / Sad / Very Sad *or choose your own:* _____



Day 28:

Date: _____ Year: _____

3 Things you are Grateful For Today:

1. _____

2. _____

3. _____

Weather: _____

Mood: Very Happy / Happy / Sad / Very Sad *or choose your own:* _____



Day 29:

Date: _____ Year: _____

3 Things you are Grateful For Today:

1. _____

2. _____

3. _____

Weather: _____

Mood: Very Happy / Happy / Sad / Very Sad *or choose your own:* _____



Day 30:

Date: _____ Year: _____

3 Things you are Grateful For Today:

1. _____

2. _____

3. _____

Weather: _____

Mood: Very Happy / Happy / Sad / Very Sad *or choose your own:* _____
