November Gratitude Journal

30 days. 3 things. And why.

Youth & Family Life
UNITY of TUSTIN

Each morning or evening, write 3 things you're grateful for and why, then notice how it feels. Use a prompt for one entry or all three. Missed a day? Just begin again tomorrow.

Week 1: Noticing the Good

☐	**Sun 1**	What's one thing about your life right now that you don't want to take for granted?
☐	**Mon 2**	Who makes you feel comfortable being yourself, and what do you appreciate about them?
☐	**Tue 3**	What is something your body helps you do that you're thankful for?
☐	**Wed 4**	What small thing made you smile recently, and why did it matter?
☐	**Thu 5**	What's something in nature you enjoy, and what does it give you?
☐	**Fri 6**	What have you learned that made your life easier or more meaningful?
☐	**Sat 7**	Who helped you recently, even in a small way, and what did it mean to you?

Week 2: People, Places, and Connection

☐	**Sun 8**	What do you appreciate about your home or a place you spend time?
☐	**Mon 9**	What challenge has taught you something useful about yourself?
☐	**Tue 10**	What do you love about a friend, and how does it affect your friendship?
☐	**Wed 11**	What do you enjoy doing simply because it makes you happy?
☐	**Thu 12**	What song or sound are you grateful for, and how does it make you feel?
☐	**Fri 13**	What do you have access to that helps you learn, grow, or explore?
☐	**Sat 14**	What memory makes you smile, and why is it special to you?

Week 3: Appreciation and Growth

☐	**Sun 15**	How has someone shown you kindness that you still remember?
☐	**Mon 16**	What do you value about your culture, family, or traditions?
☐	**Tue 17**	What do you appreciate about yourself beyond how you look?
☐	**Wed 18**	What ordinary part of your routine makes life better?
☐	**Thu 19**	What do you appreciate about someone you don't always agree with?
☐	**Fri 20**	What about the Earth are you grateful to experience?
☐	**Sat 21**	What mistake or unexpected moment taught you something?

Week 4: Gratitude in Action

☐	**Sun 22**	What opportunity are you thankful for right now?
☐	**Mon 23**	What helps you feel peaceful, grounded, or safe?
☐	**Tue 24**	How have you grown or changed this past year that you appreciate?
☐	**Wed 25**	What does someone do for you that you might not thank them for enough?
☐	**Thu 26**	What do you appreciate about your youth community or a group you belong to?
☐	**Fri 27**	What made today better than it might have been?
☐	**Sat 28**	What are you looking forward to in the future?

Keep It Going

☐	**Sun 29**	What can you do for someone to show your gratitude?
☐	**Mon 30**	Looking back on November, what has this practice helped you notice? Name three things you're especially grateful for today.