

30-DAY GRATITUDE CHALLENGE

MAGNETIC MINDSET

Grab your journal and a pen and check off the prompt when complete!

Write about a person in your life you are thankful for and why.

List three things that brought you joy today.

Reflect on a skill or talent you possess and appreciate.

What is a place you are grateful for and why?

Write about a book, movie, or song that has had a positive impact on your life.

What is a simple pleasure that you are grateful for?

Think about a challenge you've overcome and what you've learned from it.

Describe a moment in nature that filled you with gratitude.

Write about a friend who has supported you in difficult times.

What's a meal or food item that you savor and appreciate?

Share something you love about your current season or time of year.

Reflect on a possession or item that brings you comfort or happiness.

Write about a teacher or mentor who made a difference in your life.

What's a recent accomplishment that you are proud of?

List three things you are grateful for in your daily routine.

Write about a memory that always brings a smile to your face.

Describe a quality or trait in yourself that you appreciate.

Reflect on a cultural experience that broadened your perspective.

Share a moment when you felt particularly loved or supported.

What's a piece of technology that you're grateful for and why?

Write about a hobby or interest that brings you joy.

Think about a place you'd like to visit or revisit someday.

Reflect on a family member you are thankful for and why.

What's a lesson you've learned from a mistake or setback?

Share a quote or saying that inspires you and explain why.

Write about an act of kindness you received or witnessed.

List three things you're grateful for in your home environment.

Reflect on a recent experience that made you feel alive and appreciative.

Describe a dream or goal you're working towards and why it matters.

Summarize the most significant things you've learned during this month of gratitude journaling.