

A PRINTABLE FROM THIRTY, FLIRTY & FAITHFUL

30-Day Gratitude Journal

“Give thanks in all circumstances.” — 1 Thessalonians 5:18

How to use it

One page per day for 30 days. Each morning (or evening), write three specific gratitudes, one answered prayer, and one moment you noticed God at work.

Daily template

Day ____ — Date: _____

Three things I'm thankful for:

1. _____

2. _____

3. _____

One answered prayer: _____

Where I saw God today: _____

A prayer for a grateful heart

Father, teach me to notice. Slow me down enough to see your kindness in ordinary places.
Grow gratitude in me until it becomes my first language. Amen.