





Life often moves so quickly that we forget to pause and notice the moments, lessons, and blessings hidden in our days. 30 Days of Gratitude is your invitation to slow down, look within, and cultivate a deeper sense of gratitude while also making space to release what no longer serves you. This year's 30 Days of Gratitude theme is **“The D.I.G (Deeper in Gratitude): Reflect and Release”**. Sometimes you must dig beneath the surface to uncover the gold. Gratitude isn't just about saying thank you, it's about truly reflecting, appreciating, and allowing yourself to let go of the weight you've been carrying. This journal contains 30 reflection prompts centered around the practice of looking back with appreciation and moving forward with lightness. By digging deeper in gratitude, you'll uncover insights, joy, and freedom that transform not only your journaling practice but your daily life. If the theme doesn't match your mood for the day, feel free to create your own theme. This gratitude journal is for your eyes only and will not be collected at the end of the challenge. You are encouraged to look back on your journal throughout the year as a reminder to always be mindful and full of thanks.

“It's on the strength of observation and reflection that one finds a way. So, we must dig and delve unceasingly.”

– Claude Monet

Reflecting On the Past Year...

November 1: What moments or memories stood out to you this year and had the most impact?

November 2: If you think about your year as a whole, what are three words you'd use to describe it?

November 3: Think about the experiences that pushed you to grow. How did you become better because of it?

November 4: What were your habits and routines this past year? What ones do you want to carry over in the new year, and what ones do you want to let go of?

November 5: What did this past year teach you that you didn't realize before?

Notes

Personal Growth and Self-Worth...

November 6: How did you prioritize self-care this year? Is there any area you'd like to focus on more in the new year?

November 7: Think about how you've evolved over the past year from January until now. What's something you're most proud of?

November 8: What's a limiting or negative belief that you want to let go of?

November 9: Reflect on how you stepped outside your comfort zone this past year. What did you learn from it?

November 10: What were your top priorities this year? What area do you want to work on most in the new year?

Notes

Relationships...

November 11: How have your relationships with others evolved over the past year? What's something it taught you?

November 12: Is there anybody you need to forgive? How can you start the healing process?

November 13: Are there any relationships you want to invest more in or let go of going into the new year?

November 14: Who brought you the most joy in the last year?

November 15: Are there any relationships currently in your life that are draining you rather than uplifting you? Think about how you can set boundaries to protect your mental health.

Notes

Emotional Wellness...

November 16: How did you feel about this past year emotionally?

November 17: List any fears or worries that you worked through this past year.

November 18: How did you manage your emotions? Is there anything you'd like to change or improve on when it comes to handling situations out of your control?

November 19: What's the biggest emotional challenge you faced? How did you overcome it?

November 20: Were there any emotions you repeatedly struggled with throughout the year? How can you start managing them better in the new year?

Notes

Goals and Habits...

November 21: What were your goals at the start of 2025? How did they evolve over the year?

November 22: What were you most proud of the past year?

November 23: Write down your goals for January. Under each goal, list 1-2 ways you can start to work towards them.

November 24: What changes can you start making in your routine today that will help you for a better tomorrow?

November 25: What's a habit you're trying to change?

Notes

Intentions For the New Year...

November 26: What area of your life do you want to improve on the most?

November 27: Happy Thanksgiving! Choose a word to guide you throughout the year. Why did you choose this specific word?

November 28: What's most important to you in the coming year?

November 29: How do you plan on showing up for yourself in the new year? What steps can you take now?

November 30: What's a lesson you learned from the past year that you want to carry with you in 2026?

Notes

Reflect and Release: Living the D.I.G.

**** Note: These challenges are voluntary****

Journaling opens the door to self-discovery, but true transformation happens when we take what we've uncovered on the page and put it into practice. That's where Living the D.I.G. comes in.

Each week, alongside your reflections in writing, you'll be invited to complete a simple yet powerful challenge that brings the theme of Deeper in Gratitude – Reflect and Release into your daily life. These weekly practices are designed to move gratitude from thought to action, and release from intention to experience.

Week 1: Gratitude in Action (Nov 3-9)

Choose one person in your life who has made a positive impact on you (big or small) and express gratitude in a tangible way. This could be through a handwritten note, a voice message, a small act of kindness, or simply telling them directly.

This challenge reinforces the practice of moving gratitude from reflection to expression, deepening connection and joy. Use the space on the following page to journal about your experiences.

Week 2: Release Through Space (Nov 10-16)

Pick one area in your environment (desk, closet, car, fridge, etc.) and declutter it with intention. As you release items you no longer need, thank them for their role in your life before letting them go.

This challenge illustrates that physical release mirrors emotional release—making space for gratitude, clarity, and new possibilities. Use the space on the following page to journal about your experiences.

Week 3: Gratitude Walk (Nov 17-23)

Take a mindful walk outdoors (or sit in a peaceful spot) and notice five things you're grateful for using your senses (something you see, hear, smell, touch, and feel). Speak them aloud or whisper them to yourself.

This practice grounds gratitude in the present moment and deepens awareness of everyday blessings. Use the space on the following page to journal about your experiences.

Week 4: Give Forward (Nov 24-30)

Do one unexpected act of generosity for someone—a friend, coworker, neighbor, or even a stranger. This could be paying for someone's coffee, donating gently used clothes, volunteering an hour of your time, or simply offering help where it's needed.

Gratitude grows when we share it. Extending kindness outward reinforces the abundance you've been reflecting on throughout the challenge. Use the space on the following page to journal about your experiences.

Reflect and Release: Living the D.I.G.

Week 1: Gratitude in Action (Nov 3-9)

Week 2: Release Through Space (Nov 10-16)

Week 3: Gratitude Walk (Nov 17-23)

Week 4: Give Forward (Nov 24-30)



“Congratulations, you have completed the 30 Days of Gratitude Challenge! Take this time to congratulate yourself for this great accomplishment.”