

30 Day Gratitude Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	November 2025					1 Start a gratitude journal and add to it through the month.
2 Hold a "gratitude scavenger hunt" with your family.	3 Send a loved one a handwritten note.	4 Offer someone a heartfelt compliment.	5 Bake a treat for your neighbors or a friend.	6 Go out of your way to help someone today.	7 Find as many excuses as you can to smile today.	8 Be intentional to spend time with someone you care about today.
9 Thank your pastor (or another church leader) for his/her hard work.	10 Leave a note of encouragement in a public place.	11 Say "I get to..." instead of "I have to..." today.	12 Spend 10 minutes doing some gentle stretches or yoga poses.	13 Find a Bible verse about gratitude and post it on a notecard.	14 Take time to stop & breathe in your favorite scent.	15 Replace every complaint with a blessing.
16 Give someone a small gift. Just because.	17 Lend a hand to someone who needs help.	18 Go on a walk and find something beautiful.	19 Make yourself your favorite hot drink or treat today.	20 Be watchful & thankful in your prayers today. (Colossians 4:2)	21 Close your eyes & picture 10 things you are thankful for.	22 Cheer on someone else's achievements (out loud).
23 Hug someone today. 30 Read over your gratitude journal.	24 Tell your loved ones <u>why</u> you love them. Be specific.	25 Call a parent or grandparent & be an active listener.	26 Volunteer to do an unpleasant task.	27 Do a random act of kindness.	28 Think of someone who made a difference in your life. Tell them.	29 Show yourself grace. Do your best & let that be enough.

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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 30	24	25	26	27	28	29