



# 28-Day Gratitude Challenge

# Introduction

Gratitude has the power to transform your mood, shift your perspective, and realign your energy with what matters most. When practiced consistently, it retrains your mind to look for the good - even during challenging times. This simple act of noticing what's going right strengthens your emotional resilience, improves your overall outlook, and helps you feel more grounded and connected to life.

It's not about ignoring the hard things. It's about anchoring yourself in what is still beautiful, still true, and still working so you can move forward from a place of strength.

Even if life feels heavy or uncertain right now, there is enough good in your life today no matter how small to begin building momentum. By choosing to focus on that good each day, you can create a powerful energetic shift. In just 28 days, this simple practice has the potential to dramatically transform your life for the better.

# Instructions

*How to use this challenge and track your progress*

Use this challenge to cultivate the habit of gratitude and track how it transforms your mindset and life.

Each night, write down three things you are grateful for, add any notes if needed, and rate your overall day from 1 to 10 (1 being the most challenging day and 10 being an exceptional day). At the end of each week, calculate your average score, and after 28 days, review how your perspective has shifted.

## Before You Begin

Take a moment to reflect on your current life. How would you rate an average day? After completing this challenge, you can compare your results to see how your mindset and life have changed.

**Rate Your Life Today (Select One):**

1 2 3 4 5 6 7 8 9 10



## Day 1

*Gratitude is the gateway to peace*

Today I am grateful for...

1.

2.

3.

What is a highlight from today?

Today's Quality Rating (1-10):

1

2

3

4

5

6

7

8

9

10



## Day 2

*A grateful heart  
is a magnet for miracles*

Today I am grateful for...

1.

2.

3.

What is a highlight from today?

Today's Quality Rating (1-10):

1

2

3

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## Day 3

*Even the smallest joy  
is worth celebrating*

Today I am grateful for...

1.

2.

3.

What is a highlight from today?

Today's Quality Rating (1-10):

1

2

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## Day 4

*Gratitude turns what we have  
into enough*

Today I am grateful for...

1.

2.

3.

What is a highlight from today?

Today's Quality Rating (1-10):

1

2

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## Day 5

*Peace begins with thankfulness*

Today I am grateful for...

1.

2.

3.

What is a highlight from today?

Today's Quality Rating (1-10):

1

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## Day 6

*The more you thank life,  
the more life gives you to be thankful for*

Today I am grateful for...

1.

2.

3.

What is a highlight from today?

Today's Quality Rating (1-10):

1

2

3

4

5

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7

8

9

10



## Day 7

*Gratitude is the soil where joy grows*

Today I am grateful for...

1.

2.

3.

What is a highlight from today?

Today's Quality Rating (1-10):

1

2

3

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5

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7

8

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# Week 1 Summary

**What are the top highlights from your week?**

**Did you notice any shifts in how you feel?**

**What stood out to you most this week?**

**Week Average Rating**  
**(Based on your ratings from the past 7 days):**

**1 2 3 4 5 6 7 8 9 10**

*You've taken the first step, keep going!*



## Day 8

*Each breath is a silent blessing*

Today I am grateful for...

1.

2.

3.

What is a highlight from today?

Today's Quality Rating (1-10):

1

2

3

4

5

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7

8

9

10



## Day 9

*Gratitude rewires the heart  
to see beauty everywhere*

Today I am grateful for...

1.

2.

3.

What is a highlight from today?

Today's Quality Rating (1-10):

1

2

3

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9

10



## Day 10

*Every act of thanks opens a new door*

Today I am grateful for...

1.

2.

3.

What is a highlight from today?

Today's Quality Rating (1-10):

1

2

3

4

5

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8

9

10



## Day 11

*In stillness,  
I discover all I've been given*

Today I am grateful for...

1.

2.

3.

What is a highlight from today?

Today's Quality Rating (1-10):

1

2

3

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5

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7

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10



## Day 12

*Gratitude is a quiet song  
that heals the soul*

Today I am grateful for...

1.

2.

3.

What is a highlight from today?

Today's Quality Rating (1-10):

1

2

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## Day 13

*What you appreciate, appreciates*

Today I am grateful for...

1.

2.

3.

What is a highlight from today?

Today's Quality Rating (1-10):

1

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4

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8

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## Day 14

*Even on hard days,  
there is light to be found*

Today I am grateful for...

1.

2.

3.

What is a highlight from today?

Today's Quality Rating (1-10):

1

2

3

4

5

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7

8

9

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## Week 2 Summary

**What are the top highlights from your week?**

**Did you notice any shifts in how you feel?**

**What stood out to you most this week?**

**Week Average Rating**  
**(Based on your ratings from the past 7 days):**

**1 2 3 4 5 6 7 8 9 10**

*Your consistency is creating quiet transformation!*



## Day 15

*A single moment of thanks  
can shift your entire day*

Today I am grateful for...

1.

2.

3.

What is a highlight from today?

Today's Quality Rating (1-10):

1

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3

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10



## Day 16

*Gratitude changes how we see the world  
and how the world sees us*

Today I am grateful for...

1.

2.

3.

What is a highlight from today?

Today's Quality Rating (1-10):

1

2

3

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6

7

8

9

10



## Day 17

*Thankfulness unlocks  
the fullness of life*

Today I am grateful for...

1.

2.

3.

What is a highlight from today?

Today's Quality Rating (1-10):

1

2

3

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5

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## Day 18

*Each new day is a gift wrapped in light*

Today I am grateful for...

1.

2.

3.

What is a highlight from today?

Today's Quality Rating (1-10):

1

2

3

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5

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7

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10



## Day 19

*When you count blessings,  
you multiply joy*

Today I am grateful for...

1.

2.

3.

What is a highlight from today?

Today's Quality Rating (1-10):

1

2

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## Day 20

*Gratitude grounds you  
in what is real and good*

Today I am grateful for...

1.

2.

3.

What is a highlight from today?

Today's Quality Rating (1-10):

1

2

3

4

5

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## Day 21

*Thankfulness is  
the heartbeat of abundance*

Today I am grateful for...

1.

2.

3.

What is a highlight from today?

Today's Quality Rating (1-10):

1

2

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## Week 3 Summary

**What are the top highlights from your week?**

**Did you notice any shifts in how you feel?**

**What stood out to you most this week?**

**Week Average Rating**  
**(Based on your ratings from the past 7 days):**

1 2 3 4 5 6 7 8 9 10

*You're stronger and further than you realize!*



## Day 22

*Even now,  
life is giving you something beautiful*

Today I am grateful for...

1.

2.

3.

What is a highlight from today?

Today's Quality Rating (1-10):

1

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## Day 23

*Gratitude is the compass  
that leads us home*

Today I am grateful for...

1.

2.

3.

What is a highlight from today?

Today's Quality Rating (1-10):

1

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10



## Day 24

*The more present you are,  
the more grateful you become*

Today I am grateful for...

1.

2.

3.

What is a highlight from today?

Today's Quality Rating (1-10):

1

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## Day 25

*Gratitude is a form of quiet power*

Today I am grateful for...

1.

2.

3.

What is a highlight from today?

Today's Quality Rating (1-10):

1

2

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## Day 26

*You are already surrounded by blessings*

Today I am grateful for...

1.

2.

3.

What is a highlight from today?

Today's Quality Rating (1-10):

1

2

3

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## Day 27

*Every thank you  
makes room for more light*

Today I am grateful for...

1.

2.

3.

What is a highlight from today?

Today's Quality Rating (1-10):

1

2

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## Day 28

*Gratitude,  
is your soul remembering what's true*

Today I am grateful for...

1.

2.

3.

What is a highlight from today?

Today's Quality Rating (1-10):

1

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## Week 4 Summary

**What are the top highlights from your week?**

**Did you notice any shifts in how you feel?**

**What stood out to you most this week?**

**Week Average Rating**  
**(Based on your ratings from the past 7 days):**

1 2 3 4 5 6 7 8 9 10

*Trust the seeds you've planted, growth is unfolding!*

# 28-Day Challenge

## Summary

### Results

Take the weekly average ratings from all four weeks and calculate your final score.

**Final Average Rating**  
(Based on your weekly average from the past 4 weeks):

1 2 3 4 5 6 7 8 9 10

### Final Reflection

Compare this number with the rating you gave yourself at the start of the challenge.

What has changed?

- How does your quality of life now compare to when you first started?
- How has your general outlook on life shifted?
- What key insights or transformations have you noticed?

Take a moment to reflect on these questions and write down any thoughts or observations.

Notes:

# Conclusion

## *Continue Your Momentum*

Gratitude is a lifelong practice. Consider doing the challenge again for another 28 days to build on your progress. Use your results from this challenge as a starting point for the next one, allowing you to track your continued transformation over time.

*Gratitude is not the end of the journey,  
it's the light that guides the rest of the way*