



**THE SCHOOL**  
*of*  
**GREATNESS**  
**ACADEMY**

**30 Day  
Gratitude Journal**

## WHY 30 DAYS?

One of the biggest shifts of my life came when I started to understand the power of gratitude. Up to that point, my relationship with being grateful was pretty lacking. In fact, I was so stuck in a scarcity mindset, always obsessing over what I didn't have instead of focusing on what I did have, that nothing I ever achieved or received was enough.

Then I started to learn about abundance and the power of acknowledging the incredible gifts I have been given. What my life looked like stayed the same, but how I looked at my life changed drastically. And that has made all the difference.

As part of your journey towards greatness, I invite you to take the next 30 days to practice gratitude on a new level in your life. If you complete this 30 day gratitude challenge, you'll start to see a difference in your mind and heart, and it will also be easier for this to become a permanent way of viewing your life and the world around you. Each day, follow the prompt given and spend at least 5 minutes noticing and acknowledging in writing what amazing blessings are in your life.

Get ready for a whole new perspective on the life you already have. It's as simple as opening your eyes to what is already there. Let's start now.

1. Write down 3 of the most important people in your life and what your life would look like without them.

**“Feeling gratitude and not expressing it is like wrapping a present and not giving it.”**

**-William Arthur Ward**

2. List 3 inspirational conversations you've had this week and what you learned from each.

**"I would maintain that thanks are the highest form of thought; and that gratitude is happiness doubled by wonder."**

**-G.K. Chesterton**

3. Think of the best meal you've had all month, where it was, what you ate, and why you loved it so much.

**"Enough is a feast."**  
-Buddhist Proverb

4. Think of the best compliment you were given this week and who gave it to you. Write down how you felt.

**“Enjoy the little things, for one day you may look back and realize they were the big things.”**

**-Robert Brault**

5. List your favorite form of physical activity (it can even be walking or gardening) and how you feel when you are using your body.

**“As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them.”**

**-John F Kennedy**

6. Write 5 ways someone helped you do something challenging this week.

**“Acknowledging the good that you already have in  
your life is the foundation for all.”**

**-Eckhart Tolle**

7. Record the most inspirational thing you read, heard, or watched this week and what you were inspired to do as a result.

**“Gratitude is a currency that we can mint for ourselves, and spend without fear of bankruptcy.”**

**-Fred De Witt Van Amburgh**

8. Think of the most beautiful person you know (external or internal beauty). Write down the qualities you admire about them.

**“He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has.”**

**-Epictetus**

9. List your top 3 favorite songs currently. Then write what each one means to you or why you love it.

**“Be thankful for what you have; you’ll end up having more. If you concentrate on what you don’t have, you will never, ever have enough.”**

**-Oprah Winfrey**

10. Write a one page love letter to yourself.

**“It is impossible to feel grateful and depressed  
in the same moment.”**

**-Naomi Williams**

11. Think of the 5 biggest gifts your mother gave to you and how those have impacted your life.

**“You cannot do a kindness too soon because you never know how soon it will be too late.”**

**-Ralph Waldo Emerson**

12. Think of the 5 biggest gifts your father gave to you and how those have impacted your life.

**“No one who achieves success does so without the help of others. The wise and confident acknowledge this help with gratitude.”**

**-Alfred North Whitehead**

13. Write down what your education means to you.

**“One can never pay in gratitude; one can only pay  
‘in kind’ somewhere else in life.”**

**-Anne Morrow Lindbergh**

14. List at least one time in the last month that you were able to do the seemingly impossible.

**“Forget yesterday- it has already forgotten you.  
Don’t sweat tomorrow- you haven’t even met.  
Instead, open your eyes and your heart to a  
truly precious gift- today.”**

**-Steve Maraboli**

15. Write down your favorite book and what the biggest lessons you learned from it are.

**“We should certainly count our blessings, but we should also make our blessings count.”**

**-Neal A. Maxwell**

16. Look around your house, apartment, bedroom, etc. and write about what it means to you to have a home.

**“In ordinary life, we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich.”**

**-Dietrich Bonhoeffer**

17. What are 3 qualities you love about yourself? Why?

**“Gratitude also opens your eyes to the limitless potential of the universe, while dissatisfaction closes your eyes to it.”**

**-Stephen Richards**

18. Think about the biggest recognition you've been given (can be formal or informal) and what that means to you.

**“We can only be said to be alive in those moments  
when our hearts are conscious of our treasures.”**

**-Thornton Wilder**

19. Look out of the nearest window and list 5 beautiful things you see outside.

**“This a wonderful day.  
I’ve never seen this one before.”**  
-Maya Angelou

20. Write down the best project you've ever worked on and what it meant to you.

**"Gratitude turns what we have into enough."  
-Unknown**

21. List your 3 favorite pastimes or hobbies. What lights up inside you when you do them?

**“If the only prayer you said in your whole life was,  
‘thank you,’ that would suffice.”**

**-Meister Eckhart**

22. Write at least 5 sentences about what your biggest role model means to you.

**“At times, our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.”**

**-Albert Schweitzer**

23. Think about the best vacation or trip you've taken and what you experienced on it.

**“Gratitude and attitude are not challenges;  
they are choices.”**

**-Robert Braathe**

24. What is your favorite childhood memory? Who, what, when, where?

**“In life, one has a choice to take one of two paths:  
to wait for some special day-or to  
celebrate each special day.”**

**-Rasheed Ogunlaru**

25. List 3 truths you've learned from your best friend.

**"Gratitude is the memory of the heart."**

**-Jean Baptiste Massieu  
Translated from French**

26. What is the hardest thing you've done this year? How was it a blessing in disguise?

**“Gratitude is an art of painting an adversity into a lovely picture.”**

**-Kak Sri**

27. Write down 3 memories that always make you laugh.

**“Praise the bridge that carried you over.”**

**-George Colman**

28. What are you most looking forward to this week? What does it mean to you?

**“Not what we say about our blessings, but how we use them, is the true measure of our thanksgiving.”**

**-W.T. Purkiser**

29. What is the best movie you've seen all year?  
What did you love about it?

**"Gratitude is an opener of locked-up blessings."**

**-Marianne Williamson**

30. Who is the one person in your life you are most grateful to today?

**“There is no greater difference between men than  
between grateful and ungrateful people.”**

**-R.H. Blyth**