



GROWTHTRACK  
COUNSELLING

GrowthTrack Counselling

# 20-day gratitude challenge

## Day 1

Write down three things you're grateful for today.

## Day 2

Think about a person who has helped you recently. Write them a thank-you note or message.

## Day 3

List three qualities you like about yourself.

## Day 4

Describe a happy memory that makes you smile.

## Day 5

Notice something beautiful around you and write about it.

## Day 6

Name one challenge you've overcome and what it taught you.

## Day 7

Write about a favorite place and why you appreciate it.

## Day 8

Think of a skill you're thankful to have. How does it help you?

## Day 9

Write down four small things that made you happy today.

## Day 10

Recall a compliment someone gave you recently.

## Day 11

Describe a simple pleasure you enjoyed this week.

## Day 12

Write about someone you admire and what you appreciate about them.

## Day 13

Think about your health — name one thing about your body you're grateful for.

## Day 14

List three things in your home that bring you comfort.

## Day 15

Write about a favorite book, movie, or song and how it makes you feel.

## Day 16

Notice and appreciate something you usually take for granted.

## Day 17

Write down three things you're looking forward to.

## Day 18

Describe a recent act of kindness you witnessed or experienced.

## Day 19

Think about your talents or passions. What are you grateful for in these areas?

## Day 20

Write about a lesson you learned recently and how it helped you grow.