



The 30-Day Gratitude Sheet

Three things. Five minutes. Once a day.

Write **three things** on each day's lines. They can be tiny, they can be the same two days running, they just have to be real. Coffee. Sunshine. The fact that your body works. Miss a day and you start again on the next one, because there is no streak to protect here.

DAY 01 _____ _____ _____	DAY 02 _____ _____ _____	DAY 03 _____ _____ _____	DAY 04 _____ _____ _____	DAY 05 _____ _____ _____
DAY 06 _____ _____ _____	DAY 07 _____ _____ _____	DAY 08 _____ _____ _____	DAY 09 _____ _____ _____	DAY 10 _____ _____ _____
DAY 11 _____ _____ _____	DAY 12 _____ _____ _____	DAY 13 _____ _____ _____	DAY 14 _____ _____ _____	DAY 15 _____ _____ _____
DAY 16 _____ _____ _____	DAY 17 _____ _____ _____	DAY 18 _____ _____ _____	DAY 19 _____ _____ _____	DAY 20 _____ _____ _____
DAY 21 _____ _____ _____	DAY 22 _____ _____ _____	DAY 23 _____ _____ _____	DAY 24 _____ _____ _____	DAY 25 _____ _____ _____
DAY 26 _____ _____ _____	DAY 27 _____ _____ _____	DAY 28 _____ _____ _____	DAY 29 _____ _____ _____	DAY 30 _____ _____ _____

Stuck on a hard day? Swap **I have to** for **I get to** and write what comes out. You are training your attention, not performing a mood. The looking counts even when the feeling has not caught up yet.