NOVEMBER GRATITUDE · November, 2026

My 7-Day Gratitude Journal

Spend five minutes each evening with one prompt. Be specific: "My sister called just to check on me" means more than "family."

Day 1 · People

Who is someone I'm grateful for, and what specifically do they do that matters to me?

Day 2 · Small Joys

What small, everyday moment brought me comfort or joy today?

Day 3 · My Body

What is my body able to do that I'm thankful for, even on hard days?

Day 4 · Growth

What challenge from this year helped me grow, and what did it teach me?

Day 5 · Home and Place

What do I appreciate about my home, my community, or a place that feels peaceful?

Day 6 · Kindness

What kindness did I receive recently? What kindness can I offer someone this week?

Day 7 · Myself

What is one quality in myself I'm grateful for? How has it helped me this year?

My Week in Review

What did I notice about my mood, my relationships, or my outlook after a week of gratitude?

Why it helps: Noticing and naming what's good gently shifts attention from what's missing to what's present. Over time, a short daily practice can support a calmer mood, better sleep, and closer relationships. Keep going past seven days if it feels good.

For educational and wellness purposes; not a substitute for counseling. In crisis? Call or text 988, or call 911.