

# DAILY GRATITUDE JOURNAL

Do Good  
Feel Good | 30 DAY  
CHALLENGE

 Franciscan HEALTH

## DAY 1

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## DAY 2

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## DAY 3

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## DAY 4

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## DAY 5

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## DAY 6

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## DAY 7

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## DAY 8

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## DAY 9

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## DAY 10

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## DAY 11

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## DAY 12

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## DAY 13

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## DAY 14

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**DAY 15**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**DAY 16**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**DAY 17**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**DAY 18**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**DAY 19**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**DAY 20**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**DAY 21**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**DAY 22**

1. \_\_\_\_\_
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3. \_\_\_\_\_

**DAY 23**

1. \_\_\_\_\_
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3. \_\_\_\_\_

**DAY 24**

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3. \_\_\_\_\_

**DAY 25**

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3. \_\_\_\_\_

**DAY 26**

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2. \_\_\_\_\_
3. \_\_\_\_\_

**DAY 27**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**DAY 28**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**DAY 29**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**DAY 30**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_