



THANKFUL JOURNAL

YOUR DAILY DOSE OF GRATITUDE AND
COUNTING YOUR BLESSINGS

This journal was adapted and modified from the University
of Illinois Urbana-Champaign Extension Service



HOW TO KEEP A THANKFUL JOURNAL

There is no wrong way to keep this type of journal. This is your Journal!

Each page has a Gratitude Challenge and a prompt related to the day's challenge. Consider sharing what you are doing for the Gratitude Challenge on social media. Be sure to tag St. John 4-H in your social media post so we can see them.

Try to complete a journal entry daily, but no worries if you miss one! You can always go back and complete the day(s) you missed.




Print this journal or use it digitally. It is up to you.

If you would like to try for a chance to receive a \$25 gift card, your journal must be completed in its entirety and submitted to the 4-H Office by **Friday, December 2, 2022**



NOVEMBER 2022

St. John the Baptist 4-H Gratitude Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		01	02	03	04	05
		Start a Thankful Journal. Each day write down something you are thankful for.	Write a thank you note to your favorite teacher.	Think of someone you are grateful to know and tell them.	Complete one random act of kindness today.	Send a text to someone who make you smile and tell them why.
06	07	08	09	10	11	12
Handwrite a letter and mail it to a friend.	Identify 3 things that made you smile today	Give compliments to at least 5 other people you normally wouldn't speak with today.	Think of someone you are proud of and tell them!	Make a social media post highlighting a person you are grateful for.	Thank a veteran for their service 	Create a piece of art that shows what you are thankful for
13	14	15	16	17	18	19
Gather 10 items in your closet and donate them	Write a thank you note and give it to your school principal	Give someone a hug	Leave a note of encouragement in a public place	Write a thank you note and give it to your coach or mentor	Volunteer to do something you normally wouldn't do.	Bake a treat for your neighbors
20	21	22	23	24	25	26
Do a family member's chores for them today.	No complaining today! Each time you want to complain, say something you are grateful for instead.	Think of 3 memories you're most thankful for. If it involves someone share it with them	Thank someone you were lucky to have met.	Take a picture of you and your family during your Thanksgiving celebration. 	Write a thank you note to your parents, guardians, or grandparents	Give a small gift to someone for no reason
27	28	29	30	<p>Gratitude can transform common days into thanksgiving, turn routine jobs into joy, and change ordinary opportunities into blessings.</p> <p>(William Arthur Ward)</p>		
Do something that brings you joy	Think about a life lesson you learned. If it involves someone share it with them.	Donate one canned food item for each day you forgot to write in your Thankful Journal.	Read over your Thankful Journal and spend time reflecting.			

Nov. 1, 2022

4-H Gratitude Challenge: Start a Thankful Journal. Each day write down something you are thankful for.

Journal Prompt: What are you most thankful for? How can you keep up on your journalling?

Nov. 2, 2022

4-H Gratitude Challenge: Write a thank you note to your favorite teacher.

Journal Prompt: What adult mentor are you thankful for and why? This can be a teacher, coach, 4-H Leader, community member, etc.

Nov. 3, 2022

4-H Gratitude Challenge: Think of someone you are grateful to know and tell them.

Journal Prompt: Who are you grateful to have in your life, and how can you make sure they know?

Nov. 4, 2022

4-H Gratitude Challenge: Complete one random act of kindness today

Journal Prompt: What has someone done for you that you are thankful for?

Nov. 5, 2022

4-H Gratitude Challenge: Send a text to someone who makes you smile and tell them why.

Journal Prompt: Who makes you smile? How can you make someone else smile?

Nov. 6, 2022

4-H Gratitude Challenge: Handwrite a letter and mail it to a friend.

Journal Prompt: What friend are you thankful to have in your life?

Nov. 7, 2022

4-H Gratitude Challenge: Identify 3 things that made you smile today?

Journal Prompt: What are the 3 things that made you smile today?

Nov. 8, 2022

4-H Gratitude Challenge: Give compliments to at least 5 other people you normally wouldn't speak with today.

Journal Prompt: How did you feel giving compliments to the 5 individuals? What compliment do you love to hear, and why are you thankful when you hear it?

Nov. 9, 2022

4-H Gratitude Challenge: Think of someone you are proud of and tell them!

Journal Prompt: Who are you proud of in your life, and why are you proud of them?

Nov. 10, 2022

4-H Gratitude Challenge: Make a social media post highlighting a person you are grateful for.

Journal Prompt: How can you show others that you are thankful for them?

Nov. 11, 2022

4-H Gratitude Challenge: Thank a veteran for their service

Journal Prompt: Why are you thankful to live where you do? This can include your house, town, state, country, or more.

Nov. 12, 2022

4-H Gratitude Challenge: Create a piece of art that shows what you are thankful for?

Journal Prompt: What is your stress reliever, and why does it calm you down?

Nov. 13, 2022

4-H Gratitude Challenge: Gather 10 items in your closet and donate them.

Journal Prompt: What item are you most thankful to own and why?

Nov. 14, 2022

4-H Gratitude Challenge: Write a thank you note and give it to your school principal.

Journal Prompt: What teacher are you thankful to have in your life and why?

Nov. 15, 2022

4-H Gratitude Challenge: Give someone a hug.

Journal Prompt: If you could hug anyone in the world, living or deceased, who would you hug and why?

Nov. 16, 2022

4-H Gratitude Challenge: Leave a note of encouragement in public place.

Journal Prompt: How do you feel when you find random notes of encouragement?

Nov. 17, 2022

4-H Gratitude Challenge: Write thank you note and give it to your coach or mentor

Journal Prompt: Where did you meet your coach or mentor, and are you thankful to have been a part of that team or organization?

Nov. 18, 2022

4-H Gratitude Challenge: Volunteer to do something you normally wouldn't do.

Journal Prompt: What adult figure do you look up to, and how do they inspire or motivate you each day?

Nov. 19, 2022

4-H Gratitude Challenge: Bake a treat for your neighbors

Journal Prompt: What sweet treat are you thankful for, and whom can you teach to make it?

Nov. 20, 2022

4-H Gratitude Challenge: Do a family member's chores for them today.

Journal Prompt: Why are you thankful for your family?

Nov. 21, 2022

4-H Gratitude Challenge: No complaining today. Each time you want to complain, say something you are grateful for instead

Journal Prompt: What is something you complain about and how can you be thankful instead?

Nov. 22, 2022

4-H Gratitude Challenge: Think of 3 memories you're most thankful for. If it involves someone share it with them.

Journal Prompt: Share a memory you are most thankful for.

Nov. 23, 2022

4-H Gratitude Challenge: Thank someone you were lucky to have met.

Journal Prompt: Who is someone you were lucky to meet? How did yall meet and what was the interaction like?

Nov. 24, 2022

4-H Gratitude Challenge: Take a picture of you and your family during Thanksgiving celebration

Journal Prompt: What Thanksgiving food are you thankful for?

Nov. 25, 2022

4-H Gratitude Challenge: Write a thank you note to your parents, guardians, or grandparents.

Journal Prompt: How can you show your parent/guardian you are thankful for them?

Nov. 26, 2022

4-H Gratitude Challenge: Give a small gift to someone for no reason.

Journal Prompt: What is the best gift you have ever given to someone and why?

Nov. 27, 2022

4-H Gratitude Challenge: Do something that brings you joy.

Journal Prompt: What is something that brings you joy and excitement?

Nov. 28, 2022

4-H Gratitude Challenge: Think about a life lesson you learned. If it involved someone share it with them.

Journal Prompt: Why are you thankful for the life lesson you learned?

Nov. 29, 2022

4-H Gratitude Challenge: Donate one canned food item for each day you forgot to write in your Thankful Journal.

Journal Prompt: What food are you most thankful for? Share the recipe with someone.

Nov. 30, 2022

4-H Gratitude Challenge: Read over your Thankful Journal and spend time reflecting.

Journal Prompt: Complete the following prompts

HIGHLIGHTS OF THE MONTH

1

2

3

WHAT IS SOMETHING NEW YOU'VE LEARNED?

WHAT WERE SOME OF THE CHALLENGES YOU FACED?

WHAT IS THE BEST THING YOU HAVE DONE FOR YOURSELF THIS PAST MONTH?

HAS PRACTICING GRATITUDE HELPED YOU THIS MONTH?

YES

MAYBE

NO



THANK YOU FOR COMPLETING A THANKFUL JOURNAL

BE SURE TO TURN IN YOUR JOURNAL BY
DECEMBER 2, FOR A CHANCE TO WIN A
\$25 GIFT CARD

