Gratitude Journaling About People this October

S	M	T	W	T	F	S
28	29	30	1 Life lessons from your parents/ family that you still use today.	2 Family traditions you're thankful for or want to restart.	3 Someone whose resilience inspires you.	4 Family memories you're grateful to have made.
5 Someone who believed in you.	6 Someone whose kindness you admire.	7 Someone who is there to listen to you.	8 Someone who taught you a lot about yourself.	9 A teacher or mentor you learned a lot from.	10 Someone who brings life and love to your local community.	11 Someone who challenges you to be better.
12 Family memories that make you laugh.	13 Family quirks you still hold dear.	14 Someone you admire.	15 Someone who helped you through a tough time.	16 A childhood hero and why.	17 A stranger whose kindness left a lasting impression on you.	18 A reunion that brought you a lot of joy.
19 Favorite sit-down dinner memories.	20 Someone who made you feel 'at home' in an unfamiliar place.	21 A friend who has always been there for you.	22 A friend you don't see much these days but you're still grateful for.	23 A friend who makes an ordinary day memorable.	24 Someone you love more than anything.	25 Someone you're grateful to have made a lot of memories with.
26 A coworker who made work more enjoyable.	27 Someone who helped you improve even if it wasn't easy.	28 Someone who had/has a memorable laugh.	29 Someone who was/is always their true self, no matter what.	30 Someone you traveled with and where.	31 Someone whose stories you'd never tire of listening to.	1 O&H Ordinary & Happy