

# January Gratitude Journaling

## About Opportunities

S	M	T	W	T	F	S
28  Ordinary & Happy	29	30	31	1 What you have the opportunity to do every day, no matter how big or small.	2 An overlooked opportunity from last year you can revisit this year.	3 Who you could call today just to chat.
4 Things you would love to learn more about this year.	5 A time you tried something different and it led to an opportunity.	6 Something different you could try this month.	7 A person who gave you an opportunity.	8 Places you can go in your local area to meet new people.	9 A new class or meetup you could try this month.	10 Opportunities for connection and memories your home gives you.
11 Opportunities to be present in nature your local area gives you.	12 Identify the free/quiet times of your day, even if it's only minutes.	13 An opportunity that came from a setback you overcame.	14 A time you said 'yes' and what it led to.	15 Opportunities January has given you so far.	16 An opportunity that came from being patient.	17 An opportunity you had to help someone and how you felt.
18 An opportunity you took that revealed something about yourself.	19 A recent opportunity you're grateful for.	20 A fresh start you're grateful for.	21 An opportunity that came from accepting help.	22 Places you're grateful to have visited.	23 Events you're grateful to have been to.	24 People who have supported a specific goal.
25 A situation you were able to reframe as an opportunity.	26 Life achievements you're proud of.	27 Work or career achievements you're proud of.	28 An opportunity that came from observing.	29 Opportunities created from habits or routines.	30 An opportunity that allowed you to grow.	31 Opportunities you took this month.