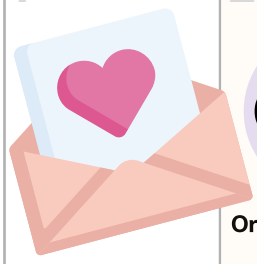
December Gratitude Journaling

for People from Your Life So Far

S	M	T	W	T	F	S
Write 'thank you' messages to the following people. Not to send, but to acknowledge their moments in your life.		1 The version of you from January 1st that navigated this year.	2 A childhood best friend who took you on adventures.	3 A family member who made yearly traditions memorable.	4 A coworker who made a past job fun.	5 A neighbor who looked out for you.
6 Someone who made you feel calm and that everything would be okay.	7 Someone who did something unspoken for you that made you feel deeply loved.	8 A friend who was with you through a hard time.	9 A passer-by who helped you.	10 A person who is the heartbeat of your local community.	11 A shopkeeper or assistant who was kind and chatty to you.	12 Someone who forgave you.
13 A person who organizes a particular club or group you are/were a part of.	14 A woman who helped shape you.	15 An author of a book you loved or felt inspired by.	16 An artist or musician whose song lyrics spoke to you.	17 A teacher who inspired you.	18 A mail carrier or delivery driver who was kind to you.	19 Someone who made you optimistic for the future.
20 Someone who checked in on you.	21 A chef or restaurant owner who served you an exceptional meal.	22 A person who taught you to cook.	23 A pet who brought/ brings you a lot of joy.	24 Someone you wish could be with you tomorrow.	25 One (or more) of the people around the table today.	26 A friend who always visits or checks in on you over the holidays.
27 Someone who doesn't know they've helped you.	28 A person whose bravery inspired you.	29 Someone you see nearly every day for whatever reason.	30 Someone who made this past year memorable in some way.	31 Someone you promise to yourself to see more of next year.	1 	2 O&H Ordinary & Happy