30-Day Gratitude List

How to write a gratitude list

- Write three things a day. Small is fine: a hot shower counts.
- Be specific. “My daughter laughed at dinner” beats “my family.”
- Try not to repeat yourself. By day 10 you'll start looking for good things during the day.
- Say thank you to God for each one, out loud if you can.
- On a bad day, write it anyway. That's the day it helps most.

20 gratitude list examples from recovery

- I woke up sober today.
- I remember last night.
- No hangover, no shaking hands.
- My sponsor picked up the phone.
- Someone at the meeting said exactly what I needed to hear.
- My kids want to be around me again.
- I paid a bill on time.
- Coffee after the meeting.
- I slept through the night.
- My wife trusted me with the car.
- I told the truth when a lie would have been easier.
- God didn't give up on me.
- A verse that stuck with me all day.
- I drove past the liquor store and kept going.
- My body is healing.
- I have a church that welcomed me.
- I helped a newcomer find a chair and a coffee.
- Money in my account that didn't go to drinking.
- I was patient with someone today.
- I get to start again tomorrow.

Day	Today I'm grateful for...	...and for...	...and for...
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25			

Day	Today I'm grateful for...	...and for...	...and for...
26			
27			
28			
29			
30			

1. After 30 days, what changed in me?

SCRIPTURE

> *"give thanks in all circumstances; for this is the will of God in Christ Jesus for you."*
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> **1 THESSALONIANS 5:18 · ESV**

> *"Bless the LORD, O my soul, and forget not all his benefits,"*
>
> **PSALM 103:2 · ESV**

> *"This is the day that the LORD has made; let us rejoice and be glad in it."*
>
> **PSALM 118:24 · ESV**

> *"do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."*
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> **PHILIPPIANS 4:6–7 · ESV**