

30 days of gratitude



April
2026

Give thanks for the people, things, and moments in your life and work.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Tell 3 people why you're grateful for them	2 Go outside and appreciate the beauty of nature	3 What's your favorite thing about your work team?	4 
5 Call a friend you are thankful for	6 What is something you are looking forward to?	7 What is the best thing that happened at work today?	8 Describe a recent obstacle you have overcome	9 What about your health or body do you appreciate?	10 Who inspires you to keep going when things are tough?	11 Write down the best piece of advice you have been given
12 	13 What is something you are really proud of at work?	14 Which coworker made your job easier or more enjoyable today?	15 What specific skill or capability do you have that you are grateful for?	16 Who is someone at work you can always count on, and why?	17 When was a moment when someone unexpectedly showed you kindness?	18 What is one thing you learned today?
19 What do you love most about the actual work you get to do every day?	20 Take a photo of something you're grateful for	21 What patterns in your gratitude can you identify?	22 What is one thing about your office that you appreciate?	23 What made you smile today?	24 What life lessons have you learned from your work?	25 Who has supported you recently and how?
26 Write someone a thank you note	27 Write down 3 things you're grateful for in your job	28 What is one thing that you accomplished today, no matter how small?	29 Who at work inspires you to do better or think differently?	30 		