

21 Days of
Thankfulness

*A simple reflection guide to help you pause, notice,
and write what you're thankful for each day.*

ETERNAL GRACE JOURNALS

— Write • Pray • Breathe —





Week 1

Noticing the Good

Day 1

Something small that made you smile today.

Day 2

A quiet moment of peace you experienced.

Day 3

A simple comfort you're thankful for.

Day 4

Someone who encouraged you recently.

Day 5

A place that makes you feel calm.

Day 6

A moment you felt grateful today.

Day 7

Something in nature that reminded you of God's goodness.

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Week 2

Gratitude for People

Day 8

A family member you're thankful for.

Day 9

A friend who supports you.

Day 10

Someone who prayed for you.

Day 11

Someone who showed you kindness.

Day 12

A mentor or teacher who influenced your life.

Day 13

Someone who helped you through a difficult season.

Day 14

Someone who brings joy into your life.

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Week 3

Gratitude Through Growth

Day 15

A challenge that helped you grow.

Day 16

A prayer that was answered.

Day 17

Something God is teaching you right now.

Day 18

A moment you chose faith over fear.

Day 19

A blessing you sometimes overlook.

Day 20

Something that gives you hope today.

Day 21

One thing you are thankful for today.

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Reflection

What did you notice during these 21 days of
thankfulness?

What moments stood out the most?

What are you grateful for today?

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