November Gratitude Challenge 2026

One prompt a day, November 1 to 30. Write one specific line under it and tick the box. Missed a day? Answer today's prompt and keep going: don't do two to catch up.

- ☐ **Sun 1** *Everyday* — Something small that went right today.
- ☐ **Mon 2** — A thing in your home you use every day and would miss.
- ☐ **Tue 3** — A meal you're glad you had this week.
- ☐ **Wed 4** — Something your body let you do today.
- ☐ **Thu 5** — A sound you like hearing.
- ☐ **Fri 6** — Something that made the week easier.
- ☐ **Sat 7** — A place nearby you're glad exists.
- ☐ **Sun 8** *People* — Someone who taught you something you still use.
- ☐ **Mon 9** — A friend you could call at 2 a.m.
- ☐ **Tue 10** — A stranger who was kind to you once.
- ☐ **Wed 11** — Someone who works so your day runs smoothly (a driver, a cleaner, a nurse).
- ☐ **Thu 12** — A family member and one specific thing they do.
- ☐ **Fri 13** — Someone who made you laugh recently.
- ☐ **Sat 14** — A person you've lost touch with and are glad you knew. Send them a message.
- ☐ **Sun 15** *You* — Something you're better at than a year ago.
- ☐ **Mon 16** — A hard thing you got through.
- ☐ **Tue 17** — A habit that's quietly helping you.
- ☐ **Wed 18** — A mistake that taught you something.
- ☐ **Thu 19** — Something you like about the way you think.
- ☐ **Fri 20** — A choice you made that past you would be proud of.
- ☐ **Sat 21** — Something you're looking forward to.
- ☐ **Sun 22** *Holidays* — A tradition you'd keep forever.
- ☐ **Mon 23** — A food that tastes like home.
- ☐ **Tue 24** — A memory of a holiday that went well.
- ☐ **Wed 25** — Someone who'll be at your table, or someone you wish was.
- ☐ **Thu 26** *Thanksgiving* — Three things from this year, one sentence each. Read one out loud at dinner.
- ☐ **Fri 27** — Something you have that you don't need to buy.
- ☐ **Sat 28** — A quiet moment from this week.
- ☐ **Sun 29** *Look back* — Something that changed for the better this month.
- ☐ **Mon 30** — Read your 29 answers. Which one surprised you?

Days done: ___ / 30

The answer that surprised me most:

Thanksgiving is Thursday, November 26. Prompts and a kids' version: habitrewards.me/blog/november-gratitude-challenge