

The image features a dark blue background with a central text overlay. The text is in a bold, yellow, sans-serif font. Surrounding the text is a lush, colorful border of autumn-themed illustrations. On the left, there are two large pumpkins, one orange and one pinkish-orange, with green leaves and stems. A large yellow daisy-like flower is at the top left. On the right, there is a large pinkish-orange daisy-like flower and a smaller pink rose. Various clusters of small pink and red berries are scattered throughout the border. The overall composition is vibrant and festive, typical of autumn decorations.

**30 Days
of
Gratitude
Journal**



We've all heard about the importance of Self-Love. Self-Love is defined as follows:
“ The state of appreciation for oneself that grows from actions that support our physical, psychological and spiritual growth. Self-love means having a high regard for your own well-being and happiness. Self-love means taking care of your own needs and not sacrificing your well-being to please others.” This year's 30 Days of Gratitude theme is “**Practicing Gratitude with Self-Care**” . Creating a Self-care routine is the ultimate form of Self-Love. This journal contains 30 wellness practices all centered around small and intentional acts that spark joy. You are encouraged to journal about your experience with these practices. If the theme doesn't match your mood for the day, feel free to create your own theme. This gratitude journal is for your eyes only and will not be collected at the end of the challenge. You are encouraged to look back on your journal throughout the year as a reminder to always be mindful and full of thanks.

“How you love yourself is how you teach others to love you”
-Rupi Kaur

November 1: Reflect on what new skills you want to learn

November 2: Listen to your favorite song

November 3: Try a new healthy recipe

November 4: Plan a weekend away

November 5: Read a few chapters from a book

Notes

November 6: Take a mindful walk

November 7: Practice using Self-Love affirmations

November 8: Limit your social media usage today

November 9: Increase your water intake

November 10: Try Yoga

Notes

November 11: Take time to write down your goals

November 12: Celebrate a small win

November 13: Declutter a space in your home

November 14: Set a timer for 5 minutes and sit in silence

November 15: Make a list of everything you love about yourself

Notes

November 16: Schedule a massage

November 17: Try a new workout

November 18: Buy yourself flowers or go smell them

November 19: Check out your EAP benefits:
[EAP DBJ Series - Your Life's Journey Made Easier \(dfas.mil\)](https://www.dfas.mil/yourlife/yourlifejourney)

November 20: Take a bubble bath

Notes

November 21: Practice deep breathing

November 22: Catch up on the phone with a friend or a family member

November 23: Hug a friend or a family member

November 24: Post something inspirational on your social media

November 25: Expound in your journal on one item from your November 15th list.

Notes

November 26: Give back

November 27: Take time to plan out important medical appointments for the next year

November 28: Make a healthy juice or smoothie

November 29: Set clear boundaries to protect your energy

November 30: Create a Self-Care routine you want to put in place

Notes

Love in Action

**** Note: These challenges are voluntary****

Often times, the best self-care practice is being able to show yourself through ACTION how much you love, appreciate, and value YOU. When we take intentional steps towards learning how to love ourselves unconditionally, it puts us in position to be able to show up for others effectively. As you work through the daily acts of self-care, encourage yourself to move from internal reflection via journaling, to external engagement by trying out these weekly challenges. Use the space below to journal about your experience.

**Week 1:
Mind (Nov 1-6)**

How can you acquire knowledge from others? This week, find ways to grow mentally through learning. Try signing up for a class, reading a book on a skill you want to cultivate, watching a YouTube video, etc. Be proactive in finding an opportunity to increase your understanding of something you value.

**Week 2:
Body (Nov 7-13)**

We all know the importance of taking care of our bodies. This week, be honest with yourself about what you need to improve. Is it exercising more, eating better, taking your vitamins consistently, or finally getting serious about quitting a unhealthy practice? Whatever it is, challenge yourself to do one thing each day this week that will help towards eliminating or increasing the behavior. Rember, this is not an internal practice. Each task should reflect action.

**Week 3:
Soul (Nov 14-20)**

Mindfulness is inherently an internal practice. This week, find ways to put your mindfulness in action. What have you been reflecting on that you can put into practice. For example, try a group meditation, practice communicating boundaries, and say no when needed.

**Week 4:
Heart (Nov 21-30)**

When I think about the heart, I think about love in action through acts of kindness and expressions of positivity. This week, get on one accord with your heart and determine ways in which you can be a blessing to someone else. This could be a random act of kindness to a stranger, volunteering in the community, donating to an organization, or simply showing up for a friend or family member in need.



**“Congratulations, you have completed the 30 Days of Gratitude Challenge!
Take this time to congratulate yourself for this great accomplishment.”**