CHURCH *of* CHAMPIONS




"Give thanks to the LORD, for he is good; his love endures forever"

Psalm 107:1

# DAY 1: People

Who do you feel thankful for today? Maybe it's someone who's blessed you with an encouraging word or helpful gesture. Maybe someone who just makes you laugh and feel understood. Maybe you've never met them, but you've been inspired by their words or public work. Jot a list of these people below.

# DAY 2: Home

Think about the place where you live right now. Your house. Your hometown. Your country. What are the things you love the most about your home?

| My Home: | My Hometown: | My County: |
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# DAY 3: New Things

What are some new blessings that came into your life this year? New things? New experiences? New opportunities? Think back to a year ago: Jot down a list of the things that have come into your life since then.

# DAY 4: Nature

What do you love the most about the natural world? Do you have favorite places that inspire you with their beauty? Favorite animals? Favorite seasons? Favorite kinds of weather? Spend some time today jotting down aspects of nature that you are grateful for.

# DAY 5: You

What makes you *you?* What are your skills? Personality traits? Accomplishments you feel proud of? Issues that stir your heart? Jot down a list of words that describe who you are—and thank God for making you uniquely you.

# DAY 6: Growth

What lessons have you learned this year? Are there challenges that have helped you to grow? Skills you've developed? Healthy habits you formed? Goals you reached? Spend some time celebrating the ways God has helped you personally grow this year.

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# DAY 7: Work & Play

Let's think about work and play today. Jot down the things you enjoy about your daily work. Then write the things you enjoy doing when you have spare time.

**Things I Love About Work:**

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**Things I Love To Do When I Play:**

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# DAY 8: Favorites

Today's all about favorites. Favorite color. Favorite food. Favorite item of clothing. Favorite vacation spot. Favorite TV show. . . Favorite anything! Take five minutes and list as many of your "favorites" as you can. Then thank God for putting these things in your life!

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# DAY 9: "Little" Things

Think about the way you go through a typical day: What are all the "hidden blessings" you take for granted every day?(ex. deodorant, dishes, paved roads) Give yourself five/ten minutes to write. (Use the back of the sheet if you need to.) Then count how many little blessings you came up with!

# DAY 10: Memories

It's time to get nostalgic! Jot down a list of favorite memories—from both childhood and adulthood—that you feel thankful for.

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# DAY 11: Hopes

What dreams do you have for the future? What hopes do you have for you and your loved ones? Write these aspirations down and thank God for giving you seeds of hope for the future. Rest in knowing He will make them grow at the right time and in the right season.

# DAY 12: Gratitude

This is the last day for this thanksgiving journal, but gratitude should never come to an end. Today, brainstorm a few practical ways you could remember to make gratitude a part of your everyday life. Pick one to start tomorrow.

We are Greatful for You 😉