FREE · 30-DAY CHALLENGE

الْحَمْدُ لِلَّهِ

30-Day Gratitude Challenge

Three things a day. Thirty days. A thankful heart.



Why gratitude?

لَئِن شَكَرْتُمْ لَأَزِيدَنَّكُمْ

"If you are grateful, I will surely give you more."

SURAH IBRAHIM 14:7

The Prophet ﷺ said: "How wonderful is the affair of the believer, for all of it is good. If something good happens to him he is grateful, and that is good for him. If something bad happens to him he is patient, and that is good for him."

SAHIH MUSLIM 2999

مَنْ لَا يَشْكُرُ النَّاسَ لَا يَشْكُرُ اللَّهَ

The Prophet ﷺ said: "Whoever does not thank people has not thanked Allah."

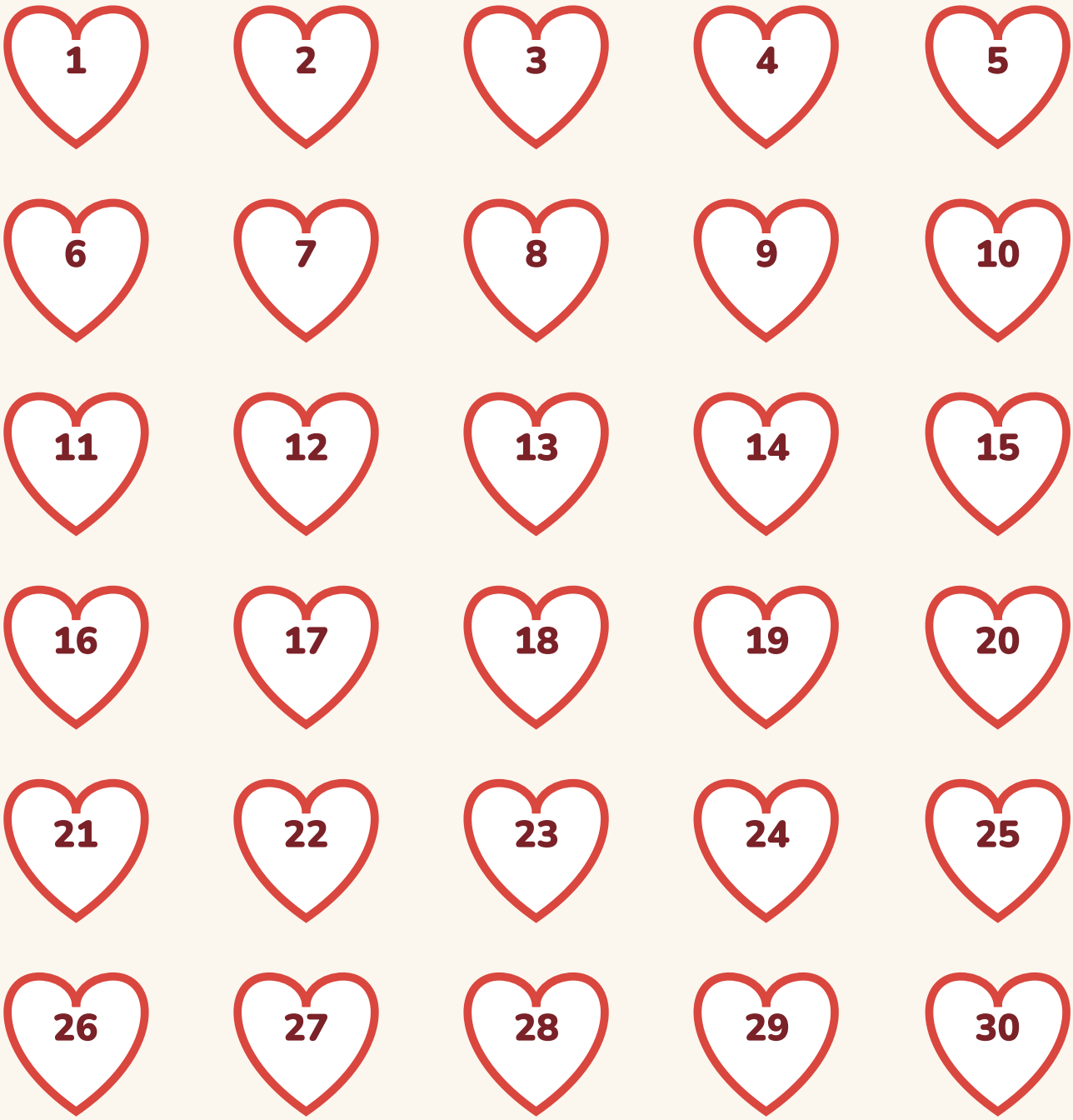
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How the challenge works

1. Every day for 30 days, write down three things you're grateful for, and thank at least one person. Big or small, they all count.
2. Stuck? Use the day's "Alhamdulillah for..." prompt to get you thinking.
3. Tick the hearts once you've written your three and thanked someone, whether it's family, a friend or someone who helped you.
4. Colour a heart on your 30-day tracker each day. Miss one? Just carry on the next day.

My 30 days

Colour in a heart each day you write your three.



Started on: _____ Finished on: _____

Day 1

Date: _____

Today I'm grateful for...

1

2

3

TODAY'S PROMPT

Alhamdulillah for... a blessing in your body you often forget

♡ I wrote my three ♡ I thanked someone today

Day 2

Date: _____

Today I'm grateful for...

1

2

3

TODAY'S PROMPT

Alhamdulillah for... someone who made your day easier

♡ I wrote my three ♡ I thanked someone today

Day 3

Date: _____

Today I'm grateful for...

1

2

3

TODAY'S PROMPT

Alhamdulillah for... something about your home

♡ I wrote my three ♡ I thanked someone today

Day 4

Date: _____

Today I'm grateful for...

1

2

3

TODAY'S PROMPT

Alhamdulillah for... a hardship that taught you something

♡ I wrote my three ♡ I thanked someone today

Day 5

Date: _____

Today I'm grateful for...

1

2

3

TODAY'S PROMPT

Alhamdulillah for... a favourite food you had recently

♡ I wrote my three ♡ I thanked someone today

Day 6

Date: _____

Today I'm grateful for...

1

2

3

TODAY'S PROMPT

Alhamdulillah for... someone who taught you about Islam

♡ I wrote my three ♡ I thanked someone today

Day 7

Date: _____

Today I'm grateful for...

1

2

3

TODAY'S PROMPT

Alhamdulillah for... something beautiful you saw today

♡ I wrote my three ♡ I thanked someone today

Day 8

Date: _____

Today I'm grateful for...

1

2

3

TODAY'S PROMPT

Alhamdulillah for... a dua Allah answered for you

♡ I wrote my three ♡ I thanked someone today

Day 9

Date: _____

Today I'm grateful for...

1

2

3

TODAY'S PROMPT

Alhamdulillah for... a friend you are thankful for

♡ I wrote my three ♡ I thanked someone today

Day 10

Date: _____

Today I'm grateful for...

1

2

3

TODAY'S PROMPT

Alhamdulillah for... something you have that others wish for

♡ I wrote my three ♡ I thanked someone today

Day 11

Date: _____

Today I'm grateful for...

1

2

3

TODAY'S PROMPT

Alhamdulillah for... a moment you felt close to Allah

♡ I wrote my three ♡ I thanked someone today

Day 12

Date: _____

Today I'm grateful for...

1

2

3

TODAY'S PROMPT

Alhamdulillah for... something about your family

♡ I wrote my three ♡ I thanked someone today

Day 13

Date: _____

Today I'm grateful for...

1

2

3

TODAY'S PROMPT

Alhamdulillah for... a skill Allah gave you

♡ I wrote my three ♡ I thanked someone today

Day 14

Date: _____

Today I'm grateful for...

1

2

3

TODAY'S PROMPT

Alhamdulillah for... a mistake Allah covered for you

♡ I wrote my three ♡ I thanked someone today

Day 15

Date: _____

Today I'm grateful for...

1

2

3

TODAY'S PROMPT

Alhamdulillah for... something in nature that amazed you

♡ I wrote my three ♡ I thanked someone today

Day 16

Date: _____

Today I'm grateful for...

1

2

3

TODAY'S PROMPT

Alhamdulillah for... someone you can make dua for tonight

♡ I wrote my three ♡ I thanked someone today

Day 17

Date: _____

Today I'm grateful for...

1

2

3

TODAY'S PROMPT

Alhamdulillah for... a small thing that made you smile

♡ I wrote my three ♡ I thanked someone today

Day 18

Date: _____

Today I'm grateful for...

1

2

3

TODAY'S PROMPT

Alhamdulillah for... your eyes, ears or hands, and what they let you do

♡ I wrote my three ♡ I thanked someone today

Day 19

Date: _____

Today I'm grateful for...

1

2

3

TODAY'S PROMPT

Alhamdulillah for... a time Allah took you through something hard

♡ I wrote my three ♡ I thanked someone today

Day 20

Date: _____

Today I'm grateful for...

1

2

3

TODAY'S PROMPT

Alhamdulillah for... somewhere you feel safe

♡ I wrote my three ♡ I thanked someone today

Day 21

Date: _____

Today I'm grateful for...

1

2

3

TODAY'S PROMPT

Alhamdulillah for... a memory that still makes you happy

♡ I wrote my three ♡ I thanked someone today

Day 22

Date: _____

Today I'm grateful for...

1

2

3

TODAY'S PROMPT

Alhamdulillah for... something you learned recently

♡ I wrote my three ♡ I thanked someone today

Day 23

Date: _____

Today I'm grateful for...

1

2

3

TODAY'S PROMPT

Alhamdulillah for... your salah: a prayer that felt special

♡ I wrote my three ♡ I thanked someone today

Day 24

Date: _____

Today I'm grateful for...

1

2

3

TODAY'S PROMPT

Alhamdulillah for... someone who was patient with you

♡ I wrote my three ♡ I thanked someone today

Day 25

Date: _____

Today I'm grateful for...

1

2

3

TODAY'S PROMPT

Alhamdulillah for... water, food and sleep today

♡ I wrote my three ♡ I thanked someone today

Day 26

Date: _____

Today I'm grateful for...

1

2

3

TODAY'S PROMPT

Alhamdulillah for... a verse of the Qur'an that comforts you

♡ I wrote my three ♡ I thanked someone today

Day 27

Date: _____

Today I'm grateful for...

1

2

3

TODAY'S PROMPT

Alhamdulillah for... a door Allah closed that turned out for the best

♡ I wrote my three ♡ I thanked someone today

Day 28

Date: _____

Today I'm grateful for...

1

2

3

TODAY'S PROMPT

Alhamdulillah for... someone you would like to thank, and how

♡ I wrote my three ♡ I thanked someone today

Day 29

Date: _____

Today I'm grateful for...

1

2

3

TODAY'S PROMPT

Alhamdulillah for... the gift of being Muslim

♡ I wrote my three ♡ I thanked someone today

Day 30

Date: _____

Today I'm grateful for...

1

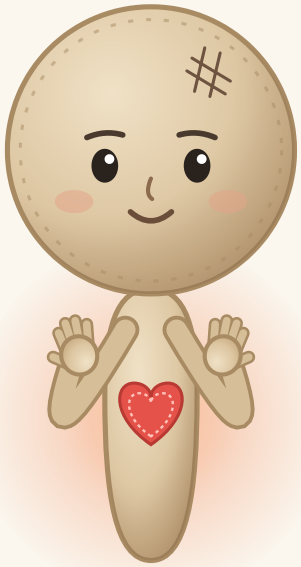
2

3

TODAY'S PROMPT

Alhamdulillah for... everything this month has given you

♡ I wrote my three ♡ I thanked someone today



Challenge complete, MashaAllah!

اللَّهُمَّ أَعِنِّي عَلَى ذِكْرِكَ وَشُكْرِكَ وَحُسْنِ عِبَادَتِكَ

"O Allah, help me to remember You, to thank You and to worship You well."

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