

CONNECTION / JOURNAL

30-Day Couples Gratitude Journal

Notice specific efforts and ordinary good moments with a month of short prompts and a weekly reflection for both partners.

5 pages | Two minutes a day

A good way to use this

1. Each person writes one short observation; share only what you choose.
2. Use the day's prompt if it helps, or notice something else.
3. At the end of each set, compare which small efforts you want to keep making.

Inside your resource

02 Days 1-8: notice the ordinary

04 Days 17-24: remember our moments

03 Days 9-16: see the effort

05 Days 25-30: carry something forward

Print at Actual Size on US Letter, or Fit on A4. These are printable pages, not fillable forms. Write on paper or use your PDF reader's annotation tools. On a phone, the resource webpage offers a readable text version.

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01 / 30-Day Couples Gratitude Journal

Days 1-8: notice the ordinary

Write a few words in each partner's column. Specific beats impressive: name the action and why it mattered.

Day / prompt	Partner A notices	Partner B notices
1. A small practical help		
2. A kind word		
3. An effort that took time		
4. A shared laugh		
5. Something remembered		
6. A moment of patience		
7. A routine made easier		
8. A detail I want to keep noticing		

Reflection: Which ordinary effort would I like to acknowledge out loud this week?

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02 / 30-Day Couples Gratitude Journal

Days 9-16: see the effort

Look beyond the finished task. Notice planning, learning, adjusting or showing up when it was not convenient.

Day / prompt	Partner A notices	Partner B notices
9. A plan someone handled		
10. A question that showed interest		
11. An effort to learn		
12. A welcome check-in		
13. A thoughtful adjustment		
14. A moment of teamwork		
15. A personal quality in action		
16. Something I had overlooked		

Reflection: Is there useful work I regularly benefit from but rarely name?

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03 / 30-Day Couples Gratitude Journal

Days 17-24: remember our moments

The moment can be brief. If a prompt does not fit, choose another or leave the day blank.

Day / prompt	Partner A notices	Partner B notices
17. A peaceful moment		
18. A story I enjoyed hearing		
19. A welcome bit of company		
20. Space that was respected		
21. A little adventure		
22. A comforting routine		
23. Something we created		
24. A memory worth keeping		

Reflection: What kind of moment would we both enjoy making room for again?

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04 / 30-Day Couples Gratitude Journal

Days 25-30: carry something forward

Finish by noticing what you want to remember, not by evaluating whether the month was perfect.

Day / prompt	Partner A notices	Partner B notices
25. An effort during a busy day		
26. A way we made life simpler		
27. Something I learned about you		
28. A shared moment of pride		
29. An appreciation I will say aloud		
30. A small habit worth keeping		

Month-end conversation: What felt natural? What felt forced? Would we like to keep a daily note, a weekly appreciation, or another rhythm? Both answers matter.

Keep a little time for each other.

If a brief daily ritual works for you, try a shared question or mood check-in in the Connected Couples App.