

Gratitude Journal Prompts

- What skills or abilities are you grateful to have?
- What have you learned recently that you are grateful for?
- What has your life given you that you've taken for granted?
- What made you smile today?
- What small victory did you have today?
- What is your top goal and why are you grateful for it?
- I felt joyful today when....
- List 10 activities and/or hobbies that bring you joy
- How can you treat yourself in the next 24 hours?
- What obstacle did you recently face and how did you overcome it?
- List 5 things you're looking forward to next year/next month
- Are you a morning or an evening person? What do you love most about this part of the day?
- Describe an experience that was hard but made you stronger.
- List 10 things you've accomplished that you're proud of.
- What freedoms are you grateful for?
- What do you love the most about where you live?
- List 5 ways you can share your gratitude with others in the next 24 hours.
- What are you thankful for in nature?
- What are you thankful for today?
- Why are you grateful for your body?
- What are you grateful for your workmates?
- What are you lucky to own?
- Who has given you a lot of support?
- What book has inspired you?
- Who has inspired you this week?
- What do you love best about this time of year?
- What made you laugh today?
- I am grateful for my house because....
- I love mornings because....
- I love the evenings because....
- One thing I take for granted is...
- What is something beautiful you saw today?
- What talents or abilities are you grateful for?
- How do you show your friends gratitude?
- I wouldn't be able to live without...
- Which opportunities have changed your life?
- What do you like about your career?
- What kind gestures have you received recently?
- What things do you have now that you didn't have 10 years ago?
- What strengths are you grateful to have?