



GRATITUDE JOURNAL PROMPTS

1. Describe a person you're grateful to have in your life. List the reasons why you're especially grateful for this person.
2. List all the awesome things your body is capable of and why you're grateful for the body you have right now, exactly as it is.
3. What are the three best things that happened yesterday? (Or, if you're journaling in the evening, what are the three best things that happened today?)
4. What are three reasons you're excited about tomorrow?
5. What are some obstacles and challenges you've experienced that you now feel grateful for, even if it was hard to appreciate it at the time?
6. What aspects of your current job do you appreciate the most?
7. What positive qualities do you possess that you especially love about yourself?
8. Describe one of your favorite memories and what you appreciate most about that moment in time.
9. What aspects of your childhood are you most grateful for?
10. What do you love most about your home? What about this space makes you feel happy, grateful, and content?
11. What profound life lessons did a parent or important adult in your life teach you growing up that you still hold in your heart today?
12. What about this time of year makes you feel most grateful?
13. What are ten positive things that fill your heart with gratitude every morning when you wake up?
14. Describe a scent that you associate with warm and happy memories. Describe one or more of the positive memories that you associate with this scent and how it makes you feel.

GRATITUDE JOURNAL PROMPTS

15. Describe a moment in your life when you pushed past your fear and succeeded in something you weren't sure you could do. How did it make you feel?
16. Describe an accomplishment that you feel really proud of. What qualities do you possess that helped you to reach that achievement?
17. What risks have you taken that you feel really grateful you took?
18. What are some of your favorite self-care activities? What does self-care mean to you? What positive feelings do you associate with self-care?
19. How have you changed in the past ten years? What positive changes are you most grateful for?
20. Think about someone you may not see eye-to-eye with or get along with (either in your past or present). What lessons has this person taught you, and why are you grateful to have them in your life?
21. What's your favorite way to spread cheer to others? What talents and qualities do you have that make you an awesome friend and cheerleader to others?
22. What's a funny story from your past that makes you laugh every time you think about it? What other positive emotions do you feel when you think of this memory?
23. Describe a time when somebody gave you a sincere compliment that made you feel really good. What makes that compliment stand out the most to you?
24. Who were your best high school friends? Even if you don't keep in touch anymore, what makes you most grateful for having them during that period of your life?
25. Who are your best friends now? Why are you grateful for these friendships?
26. List 20 things you're grateful for in your life right now, and give a one-word sentence on why you're grateful for each of these things.
27. List all the things you love most about your partner. If you don't have a partner, choose someone who has a substantial positive impact on your current life.
28. What talents do you have that you feel especially grateful for?

GRATITUDE JOURNAL PROMPTS

29. What's a luxury in your life that you're grateful to have?
30. Describe your favorite time of day (morning, afternoon, night) and what you love most about it.
31. Look around the room you're in right now. Describe all the things in this room that you feel grateful for.
32. What's a really small thing that's happened recently that you feel thankful for?
33. What's one (or more) negative habits you've quit that you're grateful for?
34. What's one (or more) positive habits you've started that you're grateful for?
35. Write about a difficult life lesson you had to learn the hard way and why you're grateful to have had that experience.
36. List all the people in your life who make you feel loved. What types of things do they do and say that make you feel loved and appreciated?
37. Write about the hardest day you've had recently and why you're grateful to have had such a day.
38. Name one person you don't know personally who inspires you. Why do they inspire you? Why are you grateful for this person's presence?
39. Name one person you do know personally who inspires you. Why do they inspire you? Why are you grateful for this person's presence?
40. What people, experiences, or things in your life do you sometimes take for granted? Take this time now to write down your appreciation for these things.
41. List everything that makes you feel happy right now.
42. What awesome superpower do you possess that you feel extra grateful to have?
43. What challenges are you currently experiencing? How can you bring more gratitude to the situation when approaching these challenges?

GRATITUDE JOURNAL PROMPTS

44. What seemingly boring household items do you possess that you feel grateful for? What would your life be like without these items?
45. What's your least favorite household chore to do? In what ways are you grateful to get to do this chore? Bonus: Are there any ways you can bring more fun to doing this chore?
46. Write about your favorite place that brings you peace and tranquility within. What about this place makes you feel most grateful?
47. Write about a time when exactly what you needed came to you at exactly the right time.
48. Think of someone in your life whose personality traits are the complete opposite of yours (maybe even frustratingly so). What has this person taught you, and why are you grateful they're in your life?
49. What's one thing you have today that you didn't have a year ago? This can be a person, a physical object, or an awesome opportunity like a new job. Why are you grateful to have this person or thing in your life today?
50. Describe a positive internal shift that you've experienced in the past year. What led you to experiencing this shift within? Why are you grateful for this shift?
51. Describe a movie or book that altered your perception or changed your life in a positive way. In what ways did this movie or book change you for the better? Why are you glad to have had watched this movie or read this book?
52. What does gratitude mean to you?
53. How does practicing gratitude make you feel? How can you bring more gratitude into your daily life?
-

Gratitude changes everything.

