

Gratitude Journal Prompts



Practicing gratitude doesn't have to be fancy. All you need is a few minutes and something to write on. Use these prompts to help you get started or deepen your practice.

Daily Prompts

Try writing one sentence for each of the following:

- **Today, I'm grateful for...**
- **Something simple that brought me joy this week is...**
- **A person I appreciate and why...**
- **A favorite memory I'm thankful for...**
- **Something my body did for me today...**
- **One thing I often take for granted, but value deeply is...**
- **A sound, smell, or sight I enjoy...**

Weekly Reflection Prompts

Pick one or two each week to explore in more detail:

- **What has changed in my life for the better in the past year?**
- **What challenge have I overcome that I now feel proud of?**
- **Who in my life has made a difference? What would I say to them?**
- **What's something that always lifts my spirits?**
- **Where in my daily routine can I pause and feel thankful?**

Bonus: Gratitude on the Go

Try these during a walk, quiet moment, or while sipping your morning coffee:

- **Name three things you can see or hear that make you smile.**
- **Think of a time someone helped you—and how it felt.**
- **Say "thank you" to yourself for something you've done well.**