



GRATITUDE JOURNAL PROMPTS

1. Daily Gratitude List

- *For each day write 5 things you are grateful for in life and continue this practice for 21 days.*

2. Why are you grateful for your family?
3. How do you express your gratitude to those you love?
4. What experience in the past year are you most grateful for?
5. Who are 3 people you are grateful to have in your life and why?
6. Reflect on a moment in your life where you grew and explain your gratitude for that moment.
7. Where are 5 places you have been that you are grateful for and why?
8. What did you experience today that you are grateful for?
9. Reflect on an old relationship (romantic, friend or family), what are you grateful to have learned from this relationship - whether it ended good or not.
10. Reflect on an old job, what are you grateful to have taken away from this work experience?
11. Reflect on a moment where you experienced true independence and explain your gratitude for that moment.
12. Who has been a mentor to you and why are you grateful to have learned from them?
13. When have you experienced a difficult situation in your past and how can you have gratitude for that situation? (i.e. what did you learn that allowed you to grow)
14. What is one of your biggest accomplishments in life and why are you grateful for it?
15. What are 5 things you are grateful for that have happened in the past month?
16. When did you experience a big change in your life that you are grateful for?
17. What are 5 characteristics that you have that you are grateful for?
18. What are 3 experiences from your childhood that you are grateful for?
19. What emotions do you experience when you think of all that you are grateful for?
20. How can you continue to fill your life with things, people and moments to be grateful for?