

Gratitude Journal Prompts

- What are 3 things I'm grateful for today, no matter how small?
- Freewrite for 5-10 minutes, listing everything I am grateful for.
- Who is a person that has positively impacted my life and how?
- What are 5 things that made me happy today?
- What are 5 things I'm looking forward to today?
- What talent or skill am I grateful to possess?
- What is a happy memory from my childhood? How can I express gratitude for that experience?
- Write about a place I have visited that I am grateful for. Why does it hold meaning for me?
- Write a letter of gratitude to someone (even if you don't send it).
- What is a book or movie that has inspired me? Express gratitude for its impact on my life.
- Who are 3 people who have supported me through difficult times?
- What are 3 things in nature that I am grateful for? How can I express gratitude for their beauty and presence in my life?
- What is a song that holds special meaning for me? What emotions does it evoke?
- What are 3 things I'm looking forward to in the future? How can I express gratitude for the potential they hold?

