

Gratitude

30 GRATITUDE JOURNAL PROMPTS

NAME _____

DATE _____

1 What is one small thing from today that you would be glad to have again tomorrow?

2 Name three things within arm's reach right now that make your day a little easier.

3 What smell, sound or taste made you pause recently, even for a second?

4 Which meal or snack this week did you truly enjoy, and what made it good?

5 What is something in your home that works well and that you rarely stop to notice?

6 Who made you smile or laugh in the last few days, and what did they do?

7 As you start your day, what is one thing from yesterday that you are still glad about this morning?

8 Describe the best moment of your morning so far in a few plain sentences.

9 What part of your body did its job well today without you asking it to?

10 What is a piece of music you are glad exists, and when do you tend to reach for it?

11 What bit of weather this week did you enjoy, even briefly?

12 What is one task that went more smoothly than you expected recently?

- 13 What is a skill you take for granted, like reading, cooking or finding your way somewhere new?
- 14 Write about a place you go often, like a kitchen, a bus stop or a park bench, and what it quietly gives you.
- 15 Think of a stranger who was kind to you once. What did they do, and why do you think it stayed with you?
- 16 Who is someone whose ordinary help keeps your week running, and what would you say to thank them?
- 17 What is something about where you live that you would miss if you moved away?
- 18 Describe an object or piece of clothing you have owned for years and what it has been through with you.
- 19 What is something you once wished for that you now have, and how does it feel to have it?
- 20 Write about a friend and one specific thing they do that no one else does quite the same way.
- 21 What did your body let you do or feel this week that you would like to thank it for, without judging how it looks?
- 22 What is a setback from the past year that taught you something you are glad to know now?
- 23 Which routine in your week feels steady and good, and what does it protect for you?

- 24 What is something you are grateful for today that you would not have noticed a year ago?
- 25 What did your child do recently that surprised or delighted you, and how did it feel to watch?
- 26 What is a small, unglamorous thing your partner does that makes your shared life easier?
- 27 Write about a teacher, coach or mentor who believed in you, and what you still carry from them.
- 28 If today was hard, what is one thing that helped you get through it, even a little?
- 29 What is something you feel you are supposed to be grateful for but honestly are not right now? Write about it without trying to fix it.
- 30 Think of a hard season you have come through. What, or who, kept you going that you can see more clearly now?