



## Gratitude Journal Prompts (Collected from lots of places and people)

1. Describe when you last felt pride.
2. Name something about yourself that you love.
3. What is your favorite thing to do on a rainy day?
4. What is your favorite song and why do you love it?
5. What is your favorite time of day and why?
6. Which person do you feel the most grateful for you in your life?
7. What are some of the best gifts you have ever received?
8. What is your favorite smell and why?
9. Who is your best friend and why are you grateful for them?
10. List 3 people who have made a positive impact on your life.
11. What is one thing you are grateful for that you didn't have at this time last year?
12. What makes you feel calm and relaxed?
13. Describe the best day you have ever had.
14. What is your favorite part of your daily routine?
15. What went right today?
16. What physical ability are you most grateful for?
17. How did your childhood shape who you are today?
18. Write about any books that have changed your life.
19. Are you grateful for any of your failures or losses?
20. What are you looking forward to this week?
21. What is something you take for granted?
22. Name a place you love being and why.
23. "I'm glad I live in a world with \_\_\_\_\_"
24. What is something you are grateful for that doesn't cost money?
25. What is something that always makes you smile?
26. Describe a time when you felt beautiful.
27. What about nature are you grateful for?
28. What season of the year is your favorite and why?
29. What traditions are you grateful for?
30. Write about someplace you have been that you are grateful for.
31. What's a simple pleasure you are grateful for?