



Gratitude journal prompts

Pick one prompt and answer it in a few sentences, or out loud. Be specific: details are what make it stick.

Small, everyday things

Good for days when nothing big happened.

- 1 What is one small thing that went right today?
- 2 What did you eat, drink or smell today that you enjoyed?
- 3 What made you smile, even for a second?
- 4 What is something in your home you are glad to have?
- 5 Which part of your routine do you secretly like?
- 6 What was the best minute of your day?
- 7 What is a sound you are grateful to hear?
- 8 What is something free that made today better?

People

Good for noticing the people who make life easier.

- 9 Who made your day a little easier, and how?
- 10 Who is someone you can be completely yourself around?
- 11 What is a kind thing someone did for you recently?
- 12 Who taught you something you still use?
- 13 Who would you like to thank, and what would you say?
- 14 Which friendship are you glad you kept?
- 15 Who made you laugh this week?
- 16 Who believed in you before you did?

Yourself

Good for noticing what you bring, not only what you receive.

- 17 What is something your body did for you today?
- 18 What are you better at than you were a year ago?
- 19 What is a choice you made that you are glad about?
- 20 What is a habit that is quietly helping you?
- 21 What did you handle well recently?
- 22 What is something about your personality you appreciate?
- 23 When did you show up for yourself this week?
- 24 What is a strength people often notice in you?

Hard days

Good for days when gratitude feels out of reach. Keep it small and honest.

- 25 What helped you get through today, even a little?
- 26 What is one thing that did not go wrong today?
- 27 Who or what was there for you when things were hard?
- 28 What did today teach you, even if you did not want the lesson?
- 29 What comfort are you looking forward to tonight?
- 30 What is one thing you can let go of for now?
- 31 What has gotten easier since a harder time in your life?
- 32 What is a small thing you can still count on?

Looking ahead

Good for ending on something hopeful.

- 33 What are you looking forward to this week?
- 34 What opportunity do you have right now that you might be overlooking?

35 What is something you are curious about lately?

36 What would make tomorrow a good day?

37 What place would you like to visit again, and why?

38 What future plan are you grateful you get to make?

39 What is a skill you are glad you are learning?

40 What do you want to remember about this season of your life?