

Gratitude Journaling Prompts

1. Name a person in your life whom you deeply appreciate and write down why you are grateful to have this person in your life.
2. Think of something small, almost insignificant you feel grateful for.
3. Write about a challenge in your life that you have overcome and feel grateful for. How did this challenge shape you as a person?
4. Name something in nature that you feel truly grateful for.
5. What is something about your physical health you feel grateful for?
6. Is there something that you have in your life that you take for granted, but when you take a closer look you feel deeply grateful for it?
7. Write down three things about your job that you are grateful for.
8. Think of a hobby that brings you joy and write down why it brings so much joy into your life and why you are grateful to have this hobby.
9. Think of a trip that you have recently done that you are grateful for.
10. What made you smile today?
11. What is something beautiful that you noticed today?
12. Name something about your community you feel truly grateful for.
13. Think of a time when someone believed in you and supported you in achieving your dreams and why you are grateful for their support.
14. What am I grateful for in this moment?
15. What's a simple pleasure that you're grateful for?
16. Write about a teacher or mentor that you're grateful for.
17. Explain your favorite piece of advice you've been given and why you're grateful for it.
18. Think of things I do and use on a day-to-day basis: How do these things improve my quality of life?

Sources:

<https://letyourshadowshine.com/daily-gratitude-journal-prompts/>

<https://dayoneapp.com/blog/gratitude-journaling-prompts/>

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