



Gratitude Journal Prompts

Spend 15 minutes answering as many of the below prompts as you'd like. Be as specific as possible, and know that there is nothing too big or too small to be grateful for.

Write down five things that you're grateful for today.

1. _____
2. _____
3. _____
4. _____
5. _____

If you haven't already, write down why you are grateful for these things today.

1. _____
2. _____
3. _____
4. _____
5. _____

Write down three people you are grateful for today and why.

1. _____
2. _____
3. _____

Write down three pleasant surprises or unexpected joys you had this week.

1. _____
2. _____
3. _____

Write down three things you've taken for granted this week.

1. _____
2. _____
3. _____