

Gratitude Journal Prompts

1. Name something beautiful you've seen recently.
2. Has anyone shown kindness to you lately? Describe it and how it made you feel.
3. What is something you can do to be kind or bring joy to others?
4. What 3 things do you like best about your personality?
5. What is your favorite part of the day?
6. Describe a happy childhood memory.
7. What good things happened today?
8. What brings you comfort?
9. What is a future event or plan you are excited about?
10. What is the most recent life lesson you've learned?
11. How do you show gratitude to others?
12. What are some things you are proud of lately?
13. Describe the best gift you've ever received.
14. Do you have a favorite song right now? Why?
15. What item(s) do you treasure most right now?
16. What made you laugh today?
17. List your current hobbies and why you enjoy them.
18. What do you love most about this time of year?
19. Which room in your house is your favorite?
20. What is your favorite food or meal?
21. Describe what you love most about where you live.
22. What is something you see every day that you take for granted?
23. What is something that brings you comfort?
24. Name something you've learned recently.
25. What wins have you had this week?
26. Who are you most grateful for in your life?
27. What is something you are good at?
28. Which device or tool makes your life easier or better?
29. Who or what has been a constant source of joy in your life?
30. What books, shows and/or movies are you loving right now?