

Gratitude PROMPTS

Use this journal for the week ahead and each day think of
and choose three things that you feel grateful for

- ☐ #1 Describe your favorite moment of the day.....
- ☐ #2 Describe your favorite person.....
- ☐ #3 Write about a random act of kindness.....
- ☐ #4 List 5 things you are grateful for today.....
- ☐ #5 Write about a favorite hobby.....
- ☐ #6 Write about a recent success you had.....
- ☐ #7 Write about something you accomplished today.....
- ☐ #8 Write about a pet and what makes them special.....
- ☐ #9 Write about a happy memory.....
- ☐ #10 What's a simple pleasure that you're grateful for?.....
- ☐ #11 What's something that you're looking forward to?.....
- ☐ #12 What's a possession that makes your life easier?.....
- ☐ #13 What do you like about your job?.....
- ☐ #14 Write about a friend that you're grateful for.....
- ☐ #15 What's a tradition that you're grateful for?.....