

30 Gratitude Journal Prompts

1. What is something about your body that you are grateful for & why?
2. What personality trait do you have that you are grateful for & why?
3. Name a friend that you are grateful for & why?
4. Name a family member that you are grateful for & why?
5. Name a possession in your room that you are grateful for.
6. Recall a childhood memory that you are grateful for.
7. Name a person that helped you today that you are grateful for.
8. Which accomplishment have you achieved that you are most grateful or proud of?
9. What is the best thing that happened to you today?
10. Which possessions are you grateful for & why?
11. Which season is your favourite & why?
12. Name something in nature that you are grateful for.
13. What experience have you gone through that has helped you grow?
14. What do you consider to be your best skill?
15. What is the best gift that you have ever received?
16. What was the best surprise that you experienced?
17. Name something positive in your life today, that you did not have a year ago.
18. Who or what made you smile today?
19. Name a favourite book that you have read.
20. Which person from your past are you most grateful for & why?
21. What small things are you grateful for today?
22. What risk are you most grateful for having taken?
23. Name a difficult challenge that you have overcome?
24. Name all the people who have a positive influence in your life.
25. Name a favourite quote that really speaks to you & why?
26. Name a vacation that you went on that you are most grateful for.
27. Which person makes you feel most loved & safe?
28. What new things are you learning about yourself?
29. Name your favourite place that you like to go to?
30. List all your favourite hobbies.



Gratitude
is the best
Attitude