

JOURNALING PROMPTS

GRATITUDE PROMPTS

- I am grateful for my...
 - Family because...
 - Friends because...
 - Career because...
 - Body because...
 - Past because...
 - Abilities to...
 - Access to...
 - Love of...
- A book you are grateful for reading
- Modern inventions you are thankful for
- Something you take for granted sometimes
- Something that helps you relax
- Something that was a dream come true
- Holidays you are thankful for
- Something you are grateful for at home
- The best thing that happened this week
- Something you were postponing but you finally did it
- A recent small success (e.g. getting enough sleep, remembering something you often forget)

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- Something that made you smile today
- Something funny that made you laugh
- Your favorite thing when you wake up in the morning
- What did you enjoy the most today?
- An act of kindness someone showed you
- Favorite things you like about your job or work
- Something you learned recently
- Someone who made a positive difference in your life
- An activity you love doing
- What's your favorite thing about Monday (or Tuesday or Wednesday...)?
- What's your favorite website/ book/ show/ movie...?
- Something that makes your life easier
- What's your favorite food
- Something you like in nature
- Something you wear that makes you feel good (clothes, jewelry, accessories...)
- Something that keeps you warm
- A song you love

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- Something that cheers you up on a rough day
- Technology you use every day
- Something that helps you stay healthy
- Someone who inspires you
- A difficult experience you learned from
- Favorite things about this season
- What's something that's been on your mind a lot?
- What do you think about your daily habits?
- Name at least three things that make you feel proud
- What do you need to let go of?
- Is there something that has been bothering you that can change?
- What do you need more of in your life? Why?
- What do you need less of in your life? Why?