

Gratitude Journal Prompts

1. What do you love about yourself and why?
2. Which sense is your favorite and why?
3. Write about a family member you are grateful for.
4. What is one thing that happened this week that you are thankful for?
5. Write about someone who makes you smile.
6. What is your favorite way to relax?
7. Name a book you are grateful for and why.
8. Write about a mistake that you are now grateful for.
9. Write about your favorite household appliance.
10. What is your favorite vacation spot and why?
11. Write about your favorite family tradition.
12. Whom do you enjoy spending free time with?
13. What is your favorite animal, and why?
14. Which season do you prefer and why?
15. Write about something you are grateful to have in your home.
16. What do you find comfort in?
17. What is the best gift you have received?
18. What is your favorite part of being outdoors?

Gratitude Journal Prompts

19. Why type of music do you enjoy?
20. What is something you are looking forward to?
21. Name your guilty pleasure and why you love it.
22. Who has given you a compliment recently and what was it?
23. Who can make you laugh?
24. What is the best part of your day?
25. What food are you grateful for?
26. Why is gratitude important to you?
27. Write about something you are good at?
28. Who inspires you and why?
29. What is your favorite quote and why?
30. Write about a random act of kindness you would like to do soon.

*Living in a state of gratitude
is the gateway to grace.*

-Arianna Huffington