

Gratitude Journaling

Prompts

1. What is one good thing that I often take for granted?
2. Who do I need to thank?
3. What are three things I'm grateful for, no matter how small?
4. What do I appreciate about myself?
5. What made me smile today?
6. What do I love about where I live?
7. What brings me joy?
8. Who has supported me during difficult times?
9. What is something I am grateful to have learned?
10. What is a talent or skill that I'm grateful to possess?