120 GRATITUDE JOURNAL PROMPTS

JOURNAL PROMPTS

1.ARE YOU HAPPY WITH HOW YOUR DAY TURNED OUT?

2.WRITE DOWN ONE GOOD THING THAT HAPPENED TO YOU TODAY.

3.WRITE ABOUT SOMEPLACE YOU'VE BEEN THAT YOU'RE GRATEFUL FOR.

4.WHAT'S SOMETHING ABOUT YOUR BODY OR HEALTH THAT YOU'RE GRATEFUL FOR?

5.WHAT'S SOMETHING OR SOMEONE THAT MAKES YOU FEEL SAFE?

6.WRITE ABOUT A FRIEND THAT YOU'RE GRATEFUL FOR.

7 LIST 5 PEOPLE THAT HAVE HAD A POSITIVE IMPACT ON YOU AND HOW?

8.WHO IS SOMEONE THAT HAS INSPIRED YOU IN THE LAST WEEK? HOW?

9.WHAT IS SOMETHING SPECIAL, UNIQUE, OR EXTRAORDINARY ABOUT YOURSELF?

10. HOW HAS YOUR GREATEST ACCOMPLISHMENT SO FAR CHANGED YOUR LIFE?

11.WHAT BOOK ARE YOU GRATEFUL FOR AND WHY? WHAT ARE THE TEACHINGS?

12.NAME THREE EVERYDAY OBJECTS THAT YOU ARE GRATEFUL FOR

13. WHAT DO YOU LOVE MOST ABOUT EACH SEASON OF THE YEAR?

14. WHAT IS SOMETHING IN YOUR HOME THAT BRINGS YOU GREAT JOY?

15. LIST THREE PEOPLE THAT HAVE MADE YOUR LIFE BETTER.

16.WRITE A MOMENT OR MEMORY IN YOUR LIFE THAT YOU WILL CHERISH FOREVER.

17. WHAT IS YOUR FAVORITE GRATITUDE QUOTE? WHY?

18.WHAT IS YOUR FAVORITE PLACE IN YOUR HOME? WHY?

19.NAME ONE LUXURY YOU ENJOY ON A DAILY OR WEEKLY BASIS.

20. WRITE ABOUT SOMETHING GOOD YOU SAW IN YOUR COMMUNITY.

21.WRITE ABOUT SOMETHING YOU LEARNED FROM CONTENTMENT

22 WRITE ABOUT SOMETHING THAT CHEERS YOU UP WHEN YOU FEEL DOWN.

JOURNAL PROMPTS

21.WRITE ABOUT SOMETHING YOU LEARNED FROM CONTENTMENT

22 WRITE ABOUT SOMETHING THAT CHEERS YOU UP WHEN YOU FEEL DOWN.

23. WRITE ABOUT A FAMILY MEMBER THAT YOU'RE GRATEFUL FOR.

24. HOW IS YOUR LIFE MORE POSITIVE TODAY THAN IT WAS A YEAR AGO?

25. DESCRIBE THE LAST TIME SOMEONE HELPED YOU SOLVE A PROBLEM AT WORK

26. WRITE ABOUT SOMETHING YOU SAW RECENTLY THAT WARMED YOUR HEART..

27. WHAT'S SOMETHING THAT YOU BOUGHT RECENTLY THAT YOU'RE GRATEFUL FOR?

28. DESCRIBE SOMETHING BEAUTIFUL THAT IS OUTSIDE OF YOUR WINDOW

29. WRITE ABOUT YOUR FAVORITE HOLIDAY TRADITIONS.

30. WHAT DO YOU LOVE MOST ABOUT YOUR FAMILY?

31. DESCRIBE SOMETHING YOU CHERISH IN THE ROOM WITH YOU.

32. WHAT IS AN INVESTMENT YOU MADE THAT ADDED VALUE TO YOUR LIFE?

33. WHAT IS YOUR FAVORITE THING ABOUT WHERE YOU LIVE?

34. WHAT PART OF YOUR BODY ARE YOU MOST GRATEFUL FOR RIGHT NOW?

35. WHAT HAS BEEN THE BEST THING ABOUT BEING THE AGE THAT YOU ARE?

36. DESCRIBE THE BEST PART OF YOUR 20S.

37. LIST 5 STRENGTHS OR SKILLS YOU POSSESS THAT NOT EVERYONE HAS.

38. WHAT WAS A POSITIVE OUTCOME THAT CAME OUT OF A DIFFICULT EXPERIENCE

39. WRITE DOWN THE MOST INFLUENTIAL AFFIRMATION YOU'VE EVER RECEIVED.

40. WHAT WAS THE LAST BOOK YOU READ? HOW IT CHANGE YOUR PERSPECTIVE?

JOURNAL PROMPTS

41. WHAT IS THE MOST THOUGHTFUL GIFT YOU'VE EVER GIVEN

42. WHAT WAS THE LAST COMPLIMENT YOU GAVE SOMEONE?

43. DESCRIBE YOUR SPIRITUAL JOURNEY FROM ADOLESCENCE TO THE PRESENT.

44 DESCRIBE 5 WAYS YOU CAN SHOW GRATITUDE WITHOUT SAYING "THANK YOU"

45. WHAT DO YOU LIKE ABOUT YOUR JOB? WHY?

46. WHAT MISTAKE OR FAILURE ARE YOU MOST GRATEFUL FOR EXPERIENCING?

47 DESCRIBE THE LAST TIME YOU GOT EXCITED AT WORK? WHY?

48. WRITE ABOUT YOUR MOST INTERESTING GRANDPARENT.

49 WHAT'S THE BEST GIFT YOU HAVE EVER RECEIVED?

50. WRITE SOMETHING ABOUT YOUR FAVORITE PET YOU'VE EVER HAD.

51. WRITE ABOUT THE NEAR DEATH EXPERIENCE YOU HAD.

52. DESCRIBE 5 OF THE MOST BEAUTIFUL THINGS YOU'VE EVER SEEN.

53. WRITE ABOUT THE BEST PART ABOUT GROWING UP.

54. LIST ONE LUXURY YOU ENJOY ON A MONTHLY BASIS.

55. DESCRIBE A ROAD TRIP EXPERIENCE THAT YOU HAD.

56. WHO MADE YOU FEEL APPRECIATED THIS MONTH?

57 LIST DOWN 3 REASONS YOU ARE GRATEFUL FOR YOUR BEST FRIEND.

58. DESCRIBE HOW YOUR WARDROBE HAS CHANGED OVER THE YEARS.

59. WRITE ABOUT YOUR FAVORITE FAMILY STORY.

60. LIST 10 THINGS AS TO WHY YOU HAVE A BLESSED LIFE.

JOURNAL PROMPTS

61. WHAT ARE YOU GRATEFUL FOR IN YOUR UPBRINGING ?

62. LIST 5 THINGS YOUR BODY DOES THAT YOU ARE GRATEFUL FOR.

65. HOW DID YOU FEEL BECOMING A PARENT? HOW DID IT CHANGE YOU?

64. WRITE ABOUT THE FRIENDS THAT REMAINED CONSTANT IN YOUR LIFE.

65. LIST 3 THINGS YOU DO THAT MAKE YOU FEEL BEAUTIFUL.

66. WRITE ABOUT THE ACCOMPLISHMENTS OF YOUR LIFE.

67 WHAT POSITIVE INTENTION WILL YOU SET FOR THE DAY?

68. HOW DO YOU FEEL WHEN YOU ARE FILLED WITH GRATITUDE?

69 HOW CAN YOU SHOW YOUR LOVE MORE FOR THE PEOPLE YOU CARE ABOUT?

70. WHICH PARTS OF YOUR BODY YOU DON'T APPRECIATE ENOUGH?

71 WHAT DO YOU LOVE ABOUT YOUR HOME?

72 WHAT ARE YOU MOST LOOKING FORWARD TO RIGHT NOW?

75 WRITE YOUR LIFE STORY IN 10 SENTENCES OR LESS.

74. WRITE ABOUT THE HAPPIEST DAY OF YOUR LIFE.

75. WHEN IS THE LAST TIME YOU LAUGHED REALLY HARD? DESCRIBE THE SITUATION.

76 WHAT DO YOU LOVE MOST ABOUT NATURE?

77. WHAT MAKES YOU HAPPY FIRST THING IN THE MORNING?

78. WHO IS THE MOST INSPIRATIONAL PERSON IN YOUR LIFE? WHY?

79. WHAT CAN YOU DO TODAY TO ENSURE TOMORROW IS WONDERFUL?

80. WRITE ABOUT A TEACHER THAT HAD A HUGE IMPACT ON YOUR LIFE.

JOURNAL PROMPTS

81.DESCRIBE CHALLENGES YOU'VE FACED WITH YOUR FAMILY.

82. WHAT IS A FAVORITE MEAL THAT YOU ENJOY COOKING?

83. WRITE ABOUT WHERE YOU WERE FIVE YEARS AGO. HOW HAVE YOU GROWN?

84. WHAT RELAXES YOU AT THE END OF A LONG DAY?

85. WRITE ABOUT AN ACT OF KINDNESS THAT YOU EXPERIENCED LATELY

86. DESCRIBE YOUR LAST OUTING IN NATURE AND HOW IT MADE YOU FEEL.

87. WHAT IS ONE ASPECT OF YOUR HEALTH THAT YOU ARE MOST GRATEFUL FOR?

88. WHAT DO YOU LIKE MOST ABOUT YOUR NIGHT ROUTINE?

89. WHAT'S SOMETHING THAT BRINGS GREAT JOY TO YOUR HOME?

90. WHAT ASPECT OF YOUR LIFE NEED MORE SELF-LOVE?

91. DESCRIBE THE PERSON WHO HAS BEEN THE MOST INSTRUMENTAL IN YOUR LIFE.

92. WRITE ABOUT ONE LIFE LESSON THAT YOU LEARNED THE HARD WAY.

93. TELL ABOUT THE TIME WHEN YOU WERE CHALLENGED BUT SUCCEEDED.

94. WRITE ABOUT A TIME WHEN YOU WERE BRAVE IN THE FACE OF DANGER.

95. HOW DO YOU LIKE TO SPEND YOUR TIME ALONE?

96 DESCRIBE WHAT A PERFECT WEEKEND LOOKS LIKE TO YOU.

97. WRITE ABOUT SOMETHING THAT YOU ARE PASSIONATE ABOUT.

98. WRITE ABOUT A PLACE YOU LIKE THE MOST. WHY DO YOU LIKE THIS PLACE A LOT?

99 WRITE ABOUT HOW CONNECTED YOU WERE TO YOUR GRANDPARENTS

100. WHAT GUILTY PLEASURE DO YOU ENJOY THE MOST?

JOURNAL PROMPTS

101. LIST 5 FREEDOMS YOU'RE THANKFUL FOR AND WHY YOU APPRECIATE THEM.

102 WRITE AT LEAST THREE REASONS WHY YOU'RE THANKFUL FOR YOUR SPOUSE.

103. WRITE ABOUT THE REASONS WHY YOU THOUGHT WINTER OR SUMMER IS BETTER.

104 WITE 5 THINGS YOU APPRECIATE ABOUT YOUR NEIGHBORS.

105. DESCRIBE A HOBBY THAT MAKES YOU FEEL CALM. WHY?

106. WRITE ABOUT A TEACHER WHO POSITIVELY IMPACTED YOUR LIFE.

107 LIST 5 STRENGTHS OR SKILLS YOU POSSESS THAT MAKE YOU SPECIAL.

108. WRITE A THANK YOU LETTER TO SOMEONE SPECIAL IN YOUR LIFE.

109 WHEN DO YOU FEEL THE MOST ALIVE OR PASSIONATE?

110. WRITE ABOUT SOMEONE WHO SHOWED POLITENESS, KINDNESS, OR GRACE TO YOU.

112 WRITE A LETTER TO YOU TEACHER WHO YOU ARE MOST GRATEFUL.

113. WHAT ROMANTIC RELATIONSHIPS ARE YOU GRATEFUL FOR PAST AND PRESENT?

114. WRITE ABOUT ANY SPIRITUAL PRACTICES THAT MAKE YOU FEEL GOOD.

115. WRITE SOMETHING FUN YOU DID WITH YOUR SIBLING.

116. WHAT COMPLIMENT WOULD YOU GIVE TO YOUR YOUNGER SELF?

117. DESCRIBE THE FEELING YOU HAD WHEN YOU GOT YOUR FIRST SALARY.

118. WHAT IS YOUR FAVOURITE PART OF THE MORNING?

119. WRITE ABOUT THE MOST ADVENTUROUS THING THAT YOU EVER DID.

120. DESCRIBE A WEIRD FAMILY TRADITION THAT YOU LOVE.

DAILY JOURNAL

DATE: _____

VISUAL JOURNAL

DATE: _____