

Gratitude Journal Prompts

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1. WHO HELPED YOU THIS WEEK?
2. I AM AWARE OF MY SKILLS, THEY HAVE HELPED ME TO...
3. I AM PASSIONATE ABOUT ... I AM GRATEFUL FOR THIS PASSION BECAUSE...
4. I AM GRATEFUL FOR MY HOME BECAUSE...
5. WHAT GIFTS HAVE YOU RECEIVED THAT YOU ARE MOST GRATEFUL FOR?
6. I AM THANKFUL FOR MY TEACHER(S), WHO SHOWED ME...
7. I AM AWARE OF THE CHALLENGES I HAVE FACED, I AM GRATEFUL FOR...
8. WHAT CAN YOU DO FOR EARTH DAY TO SHOW APPRECIATION FOR THE PLANET?
9. MY GOOD FRIENDS WERE REALLY THERE FOR ME WHEN... I AM GRATEFUL BECAUSE
I LEARNED...
10. LIST ALL THE QUALITIES THAT YOU LIKE ABOUT THE PEOPLE CLOSEST TO YOU.
11. WRITE DOWN AS MANY WAYS AS YOU CAN THINK OF TO BE A KINDER PERSON.
12. WHAT EXPERIENCES MADE YOU FEEL BRAVE?
13. WHAT IS THE BEST THING TO EVER HAPPEN TO YOU?
14. REMINISCE ON A FOND MEMORY WITH A FAMILY MEMBER.
15. DESCRIBE SOMETHING THAT YOU OWN THAT MAKES YOUR LIFE MUCH EASIER.