

Gratitude Journaling Prompts

1. What are three things you're grateful for today?

2. Who are three people you're grateful for and why?

3. What are three things about your job/school that you're grateful for?

4. Write about a place you're grateful that you have visited.

5. What are three things in your home that you're grateful for?

6. Write about a book that you're grateful to have read.

7. What are three things about your daily routine that you're grateful for?

8. Write about a teacher or mentor you're grateful for and how they impacted your life.

9. What are three things about your community that you're grateful for?

10 Write about a family member you're grateful for and why.

11. What are three things about your hobbies or interests that you're grateful for?

12. Write about a skill you're grateful that you have learned.

13. Write about a friend who has always been there for you and how much you appreciate their support.

14. What are three things about nature that you're grateful for?

15. What are three things about technology that you're grateful for?

16. Write about a specific moment in your life when you felt grateful and why.

17. What are three things about your appearance that you're grateful for?

18. Write about a positive change in your life that you're grateful for and how it's impacted you.

19. What are three things about your personality that you're grateful for?

20. Write about something in your life that you used to take for granted but have now learned to appreciate.

21. What are three things about your past experiences that you're grateful for and how they've shaped you?

22. What are three things about your spiritual beliefs that you're grateful for?

23. Write about a tradition or cultural practice that you're grateful to participate in.

24. What are three things about your education that you're grateful for?

25. Write about a difficult experience in your life that you're grateful for and how it helped you grow.

26. Write about a moment when someone showed you kindness and how much it meant to you.

27. Write about a time when someone forgave you and how grateful you are for their forgiveness.

28. What are three things about your partner or spouse that you're grateful for?

29. Write about a challenge you faced and overcame, and how that experience made you stronger.

30. Write about a quality or trait that you admire in someone and how grateful you are to know them.

31. Write about a favorite memory from your childhood that you're grateful for.

32. What are three things about your pets that you're grateful for?

33. Write about a decision you made that you're grateful for and how it positively impacted your life.

34. What is a recent accomplishment that you are proud of?

35. Who are the people in your life that you are most grateful for?

36. What are some of your favorite moments from the past week?

37. What is something that has made you smile recently?

38. What is something that you learned recently that you are grateful for?

39. What is something good that happened to you today?

40. What is something that you're grateful for in your romantic relationships?
