

30-Day Gratitude Journal Prompts

Day 1	Day 2	Day 3	Day 4	Day 5
List something amazing that happened today	Name a family member you're grateful for and why.	What is a talent or ability you're grateful to have?	What did you love as a child that you appreciate more now?	What did you do today that made you happy?
Day 6	Day 7	Day 8	Day 9	Day 10
What is a part of your daily routine you're grateful for?	Name a book, movie, song, or game you enjoy.	Name something you've physically accomplished recently.	What is one small happiness you noticed today?	What was your favorite vacation?
Day 11	Day 12	Day 13	Day 14	Day 15
Name a good piece of advice you've received.	What is a favorite memory that you're grateful for?	What made you laugh today?	What is a convenience you take for granted?	What is a place that makes you happy?
Day 16	Day 17	Day 18	Day 19	Day 20
Name an item you own that makes your life better.	What is something you've accomplished today?	Name a friend you're grateful for and why.	What is a healthy choice you've made recently?	What is the best gift you've ever received?
Day 21	Day 22	Day 23	Day 24	Day 25
Name one thing you learned today.	What is something you love about yourself?	Name something that has helped you mentally recharge recently.	What personality trait are you grateful to have?	List something in nature you noticed today.
Day 26	Day 27	Day 28	Day 29	Day 30
What is a quote, verse, or song lyric that speaks to you?	Name a funny memory that still makes you laugh.	What is one goal you've achieved recently?	What habit is currently improving your life?	What food or drink are you grateful for?