

Gratitude

Journal Prompts

People & Relationships

- Who has taught you something important? What did you learn from them?
- What is an act of kindness someone has shown you?
- What tradition with family or friends are you grateful for? Why is it meaningful to you?
- Name a family member you're grateful for. Why are you grateful for them?
- What was the last compliment you received? Who gave it to you?

Personal Growth & Accomplishments

- What is something you're grateful to have learned? How has it helped you?
- What is an accomplishment you're especially proud of? Why is it meaningful to you?
- What is the best advice you've ever received? Who gave it to you?
- What opportunity have you had that you're grateful for?

Memories & Experiences

- What is a favorite memory that you're grateful for? Why is it meaningful to you?
- What was your favorite vacation? What made it memorable?
- What is something that turned out better than you expected?
- What is the best gift you've ever received? Why was it meaningful to you?

Everyday Joys & Simple Pleasures

- What is a place that makes you happy?
- Name a part of your daily routine that you appreciate.
- What is a quote, verse, or song lyric that speaks to you?
- What do you like about where you live?

Health & Well-Being

- What does gratitude mean to you?
- Name a time you felt truly strong— physically, mentally, or emotionally.
- What is a physical accomplishment you're proud of?
- What is a healthy choice you've made recently?