

25

POWERFUL GRATITUDE JOURNAL PROMPTS

- What about today made you smile?
- Name someone in your life you are grateful for and why.
- Write about an obstacle in your life that you overcame and why you're grateful for that experience.
- Name a book you have read that you are grateful for and why.
- List a podcast or blog that has helped you and what you learned from it.
- What do you love most about this time of year?
- What lessons have you learned recently that have helped you?
- List 5 things you love about yourself and why.
- Think about your childhood, what is your happiest memory?
- What's your favorite thing about your home and why?
- Name 3 good things you can say about someone else in your life and then go tell them :)
- What luxury in your life are you most thankful for and why?
- Name something you're excited about for tomorrow.
- List 2 things in your life that you are proud of.
- What are 5 things you are excited about for this year?
- Write a note of gratitude to someone special in your life and then give it to them :)
- What is one of your favorite traditions and why?
- Write about your favorite part of the day & what it means to you.
- Name the greatest gift you ever received & what it means to you.
- Think about something beautiful you saw today, what was it?
- List 3 opportunities you've had in your life and why you are grateful for them.
- What is your favorite guilty pleasure?
- List 3 reasons why you are thankful to be exactly who you are.
- What inspires you about your future the most?
- Name 5 people in your life that you love and why. Now, go tell them how special they are to you :)