



*Gratitude Journal*  
PROMPTS

# Journal Prompts

1. Did anything make you smile today?
2. What was the best part of your day?
3. Share a place that made you feel thankful or happy.
4. What is one thing your body helps you do that you appreciate?
5. Who or what gives you comfort and peace?
6. Write about a friend who means a lot to you.
7. Mention 5 people who helped shape your life in a good way.
8. Who motivated you recently, and what did you learn from them?
9. What is one quality that makes you different from others?
10. In what way has one of your achievements helped you grow?
11. Which book left a positive impact on you, and why?
12. Name 3 simple things you use often that make life easier.
13. What do you enjoy most during different times of the year?
14. What is one thing in your house that always lifts your mood?
15. Who are 3 people you feel thankful to have in your life?
16. Write about a happy memory that still makes you smile.
17. Is there a quote about thankfulness that you really love? Why?
18. Which corner of your home makes you feel most relaxed?
19. What is one little luxury or comfort you truly enjoy?
20. Share something kind or positive you noticed around you recently.

# Journal Prompts

1. What has being content taught you about life?
2. What helps brighten your mood on difficult days?
3. Write about a family member who always supports you.
4. How has your life improved compared to last year?
5. Talk about a time when someone helped you with a problem at work or in daily life.
6. What is something you recently saw that made you feel happy inside?
7. What is one thing you bought lately that made your life better?
8. Describe something lovely you can see outside your window.
9. What family or holiday tradition do you enjoy the most?
10. What is the best thing about your family?
11. Write about an item near you that is special to you.
12. What is one thing you spent time or money on that helped your life?
13. What do you enjoy most about the place where you live?
14. Which part of your body are you especially thankful for today?
15. What is something good about being your current age?
16. What was the most enjoyable part of your twenties?
17. Write 5 talents or qualities that make you unique.
18. What good lesson or result came from a hard time in your life?
19. What is the most meaningful positive message someone has said to you?
20. What was the last book you finished, and what did it teach you?

# Journal Prompts

1. Share a time when you gave someone a gift that truly made them happy.
2. What is the latest kind or encouraging thing you said to someone?
3. How have your thoughts, values, or faith grown since your younger years?
4. Mention 5 simple ways to express appreciation without speaking the words "thank you."
5. What part of your job or daily tasks do you enjoy the most?
6. Which setback in your life taught you an important lesson?
7. Talk about a recent moment when you felt motivated or excited while working.
8. Write about an elder in your family who has left a strong impression on you.
9. What present from someone means the most to you even today?
10. Describe a sweet memory with a pet that made your life brighter.
11. Share an experience that reminded you how precious life is.
12. Write about 5 amazing sights or moments that took your breath away.
13. What is something you loved while growing up?
14. Name one thing you treat yourself to from time to time that makes you happy.
15. Share a memorable experience from a trip you took on the road.
16. Who recently made you feel important, loved, or noticed?
17. Write 3 things that make your best friend special to you.
18. In what ways has your fashion or clothing style changed through the years?
19. Tell a family memory or story that always makes you smile.
20. Write 10 things in your life that make you feel thankful and fortunate.

# Journal Prompts

1. What is something from your childhood or upbringing that you truly value today?
2. Name 5 amazing things your body helps you do every day.
3. How did becoming a parent change your thoughts, feelings, or life?
4. Write about friends who have stayed by your side through different stages of life.
5. What are 3 things you do that make you feel confident and good about yourself?
6. Share a few achievements in your life that make you proud.
7. What positive mindset or goal would you like to carry through today?
8. How does your heart or mind feel when you focus on gratitude?
9. What are some ways you can express more care and love to the people around you?
10. Which parts of yourself do you think deserve more appreciation?
11. What makes your home feel comforting or special to you?
12. What exciting or happy thing are you waiting for right now?
13. Tell your life journey briefly in 10 lines or fewer.
14. Describe one of the happiest moments you have ever experienced.
15. Think of the last time you laughed uncontrollably. What happened?
16. What is your favorite thing about the natural world?
17. What is one thing that instantly brightens your morning?
18. Who motivates you the most in life, and what makes them inspiring?
19. What can you do today to make tomorrow feel easier or happier?
20. Write about a teacher or mentor who made a big difference in your life.

# Journal Prompts

- Write about some difficult moments your family helped you through or faced together.
- What is one homemade meal you always enjoy making or eating?
- Think about your life 5 years ago. In what ways are you different now?
- What helps you feel calm and peaceful after a tiring day?
- Share a kind or thoughtful thing someone recently did for you.
- Talk about a recent time you spent outdoors and how it affected your mood.
- What part of your health are you especially thankful for these days?
- What is your favorite part of getting ready for bed at night?
- What is something in your home that makes it feel warm and happy?
- Which area of your life could use more care, kindness, or self-acceptance?
- Write about someone who has guided or supported you the most in life.
- What is an important lesson life taught you through a difficult experience?
- Describe a situation where you kept going and finally achieved success.
- Write about a moment when you faced fear and still stayed strong.
- What are your favorite things to do when you have time to yourself?
- Describe your ideal way to spend a relaxing weekend.
- What is something you deeply care about or love doing?
- Talk about a place that feels special to you and explain why.
- How would you describe your relationship or memories with your grandparents?
- What is one little guilty pleasure that always makes you happy?

# Journal Prompts

1. Name 5 freedoms in your life that you truly value and explain why.
2. Write 3 things you appreciate most about your partner or spouse.
3. Which season do you enjoy more — winter or summer — and what makes it special to you?
4. Mention 5 good things you like about the people living around you.
5. What hobby helps you relax and feel peaceful?
6. Share a memory of a teacher who encouraged or inspired you.
7. What are 5 talents or qualities that make you unique?
8. Write a heartfelt note to someone who means a lot to you.
9. At what moments do you feel the happiest, most energetic, or inspired?
10. Write about a person who treated you with kindness or respect when you needed it.
11. Write a gratitude note for a teacher who helped shape your life.
12. Which past or present relationships are you thankful for, and why?
13. Are there any spiritual or calming habits that bring you peace and happiness?
14. Share a fun or funny memory with your brother or sister.
15. What kind words would you say to your younger self today?
16. Describe how you felt when you earned your first paycheck or income.
17. What is your favorite thing about the early hours of the day?
18. Write about the most exciting or daring thing you have ever tried.
19. Talk about a unique or funny family tradition that you secretly enjoy.
20. What is one simple moment in life that always makes you feel grateful?



# VISUAL JOURNAL

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