

Fostering more gratitude through writing-30 journal prompts

1. What made you smile this morning?
2. Who are you grateful for and what do you love about them?
3. What is different today than a year ago that you are grateful for?
4. What challenge are you grateful for?
5. What is something you love in nature?
6. What about your body are you grateful for?
7. What kindness did someone give you yesterday?
8. What do you love about your home?
9. What book are you grateful for reading?
10. What is something you cannot live without?
11. What modern convenience are you most grateful for?
12. What do you love about the current season?
13. What memory are you most grateful for?
14. What special talent do you have that you are grateful for?
15. Think about a place you are grateful for and write about it.
16. What do you love about the place you live?
17. What is a passion or hobby that refreshes you?
18. Who is a teacher from your past that you are grateful for? What did you love most about them?
19. Who is someone who helped you through a difficult time? What do you love about that person?
20. What is your favourite smell? Why?
21. Describe a time in your life when you did something scary and succeeded.
22. List 10 things you are grateful for, right now.
23. What is your favourite way to make someone happy?
24. Name 5 positive changes you have made in your life.
25. List 5 compliments you can give to others.
26. Write about an accomplishment you are proud of.
27. Where is your favourite place to go.
28. Name someone that makes you smile.
29. Where is your favourite place to relax?
30. Name the best thing that has happened to you.