

# 50 GRATITUDE JOURNAL PROMPTS

Name a person you are thankful for that shaped who you are today.

What is something from each of your senses you are grateful for today?

What challenge did you overcome that you now see the benefit in?

What book are you grateful for and why? What are the teachings?

What are you grateful for about your town? Your time period? Your country?

What are you most grateful for in your morning or night routine?

Name three everyday objects that you are grateful for.

What music are you most grateful for?

Name three unique things you are grateful for about 2020.

Name three people you are grateful for outside of your immediate family. Why?

What brings you gratitude with the passing of time?

What do you love most about each season of the year?

What discovery have you made in the last year that you are thankful for?

What food did you eat today? Express gratitude for it.

Spend a few minutes being grateful for the necessities in life.

What have you learned this year that has benefited you?

What person are you most grateful for and why?

What is something hard that you do, and you're grateful it makes you stronger?

What is something in your home that brings you great joy?

What positive memory happened in the last week that you are thankful for?

What did you do today that made you happy?

What aspect of nature did you appreciate in the last week?

Who is a friend you're grateful for and why?

List three people that have made your life better.

Write one moment or memory in your life that you will cherish forever.

What do you love most about life?

What was a wonderful thing that happened today?

What is something you take for granted?

What do you love about yourself?

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What tradition are you grateful for?

Tell of a place that you cherish.

What is your favorite time of day and why do you love it?

Tell of a way someone helped you recently.

What is something amazing that happened to you in the last week, month, or year?

Name one thing you are grateful for regarding each person in your family.

What is your favorite gratitude quote? What does it make you think of?

Name one luxury you enjoy on a daily or weekly basis.

What do you love about your job?

What is your favorite place in your home? Why?

Describe your favorite vacation.

Describe the last time you helped someone. How did it feel?

What's a guilty pleasure you are thankful for?

Name an accomplishment you are proud of.

Tell about the best gift you've ever received.

Describe something beautiful that is outside of your window.

What do you love most about your family?

What do you love most about your friends?

What activities in your day are you thankful for?

Name one thing that made you smile or laugh today.

What is something beautiful you saw today?