


The background is a white canvas decorated with a variety of circular elements. These include solid circles in shades of teal, light green, and grey. There are also circles with concentric line patterns in teal and grey, and some circles with thin outlines in teal and grey. The circles are scattered across the page, creating a playful and abstract design.

GRATITUDE PROMPTS



GRATITUDE PROMPT INSTRUCTIONS



Studies have found a variety of benefits from writing down the things for which we're grateful--benefits including reduced stress, better sleep, and stronger relationships.

This journal can be utilized to organize your thoughts, develop an awareness of gratitude-inspiring events, and create meaning in your life. This includes reflective exercises to practice expressing gratitude.

Gratitude journals are intended to be a continuous activity, so you may not complete the book immediately. Feel free to take a journal with you to finish at another time.

GRATITUDE PROMPTS

Wake Up With Gratitude

Before you begin your day, list 5 things you're grateful for (big or small).

- 1.
- 2.
- 3.
- 4.
- 5.

What I'm Learning

List 3 challenging situations, people, or other obstacles. What good thing are you learning from this challenge?

1.
I'm Learning:
2.
I'm Learning:
3.
I'm Learning:

Best Part of My Day

Choose one moment of your day that made you happy and focus on it for 5 minutes before you go to sleep.

One Happy Moment:

GRATITUDE PROMPTS



Today I'm Grateful for ...

Quotes & Affirmations

Things I'm Looking Forward To Today:

- 1.
- 2.
- 3.
- 4.
- 5.

Things that make me happy:

- 1.
- 2.
- 3.
- 4.
- 5.

Getting Better Each Day

My Challenges



Let Go Of



Tomorrow I Will

Thoughts of the Day

GRATITUDE PROMPTS

Pick a prompt to write about . . .

- Something you've received
- Knowledge you gained
- A book you've read
- A movie you've seen
- Something that made you smile
- Your skills & talents
- An item or possession
- Help you've received
- Someone you have helped
- A friend you cherish
- Someone in your family
- Your favorite holiday
- Write a self-love letter
- A place you've visited
- A challenge you have overcome
- Your room
- Your country
- Your heritage
- Something that you're proud of
- Something that relaxes you
- Something worth the wait
- Some you're excited for
- A simple pleasure
- A happy Memory
- Something outside your window
- Your favorite photo
- Your favorite song
- A teacher or mentor
- A tradition you practice
- Someone you are grateful for
- Best advice you've been given
- Something you're proud of
- Your favorite scent
- A wish you want to come true
- Your favorite food
- Someone who inspires you

Other Thoughts