



6 Writing Prompts FOR YOUR Gratitude Journal

In One Word...

1. List 5 people, things, or qualities (like kindness or generosity) that you're grateful for today, using only one word.

Reflect

2. Think of a recent experience that you enjoyed. Spend 1 minute simply remembering the experience. Then, write down a few sentences about why the experience brought you pleasure or joy.

People

3. Think about one person in your life that you deeply love. List the three qualities that you most love about them.
Be as specific as you can.

Being Your Highest Self

4. Write down 3 qualities you'd like to exude today.

Little Things

5. Write down 3 things that happened recently that you're grateful for. Think small. For example, "My coffee was perfect this morning," or "My car started even though I left the dome light on."

Exercise

6. Think about an item or object that you own that you're grateful for. Ask yourself, "Why am I grateful for this object? Is it because it's from a friend/loved one, because it performs an essential function, or because of a memory it conjures? Write down why you cherish this object.