

30 DAYS OF GRATITUDE *Journal Prompts*

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1. Name something in the room that you're grateful for
2. Recall a favourite memory that you're grateful for
3. Who helped you today?
4. Name a friend you're grateful for and why
5. What is your proudest accomplishment?
6. What's a possession that makes your life easier?
7. What about your body are you grateful for?
8. What is the best thing that happened today?
9. Name something in nature that you're grateful for
10. What painful experience has helped you to grow?
11. What artist, author or musician are you grateful for?
12. What is your best skill?
13. What knowledge are you grateful for?
14. What is the best gift you've ever received?
15. What song are you most grateful for?
16. What's something positive in your life that you didn't have a year ago?
17. What smell are you most grateful for?
18. What/who made you smile today?
19. What book are you most grateful for?
20. What person in your past are you most grateful for?
21. What small things are you grateful for today?
22. What risk are you most grateful for having taken?
23. Name something/someone that makes you feel safe
24. What movie are you most grateful for?
25. What emotions are you grateful for?
26. What family member are you most grateful for?
27. What do you like about your job/school?
28. Name a place that makes you feel happy
29. Name a challenge that you've overcome
30. List the people that have a positive affect on your life