

25 Gratitude Journal Prompts

1. What made you smile today?
2. What is one thing you love about yourself?
3. Who are you grateful for and what do you love about them?
4. What accomplishments in your life have brought you the most happiness?
5. What is different today than a year ago that you are grateful for?
6. What do you like about the current season?
7. What is something one of your family members did today that made you happy?
8. What is something beautiful you saw today?
9. What made you laugh today?
10. What is something that is hard to do but you did it anyway?
11. What is a favorite family outing you went on this year?
12. What are you good at?
13. What gift did you love receiving this year?
14. What is something you love in nature?
15. What do you love about your parents?
16. What was the best thing that happened today?
17. What is a favorite family tradition?
18. What kindness did someone give today?
19. What do you like about where you live?
20. What do you love about a friend?
21. What is a trial that strengthened you?
22. What is a special memory from childhood?
23. What do you like about your job?
24. What spiritual beliefs are you grateful for?
25. What freedoms are you grateful for?

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