

Gratitude Journal Prompts

- 3 things for which I am grateful today...
- 3 experiences for which I am grateful today...
- 3 skills I used for which I am grateful today...
- 3 people for which I am grateful today...
- 3 opportunities for which I am grateful today...
- 3 feelings for which I am grateful today...
- 3 moments for which I am grateful today...
- 3 resources for which I am grateful today...
- 3 struggles for which I am grateful today...
- 3 of my attributes for which I am grateful today...
- 3 senses for which I am grateful today (and why) ...
- 3 life lessons for which I am grateful today...
- 3 friends for which I am grateful today...
- 3 things in nature for which I am grateful today...
- 3 possessions for which I am grateful today...
- 3 pieces of wisdom for which I am grateful today...
- 3 truths for which I am grateful today...
- 3 events for which I am grateful today...
- 3 people from my past for which I am grateful today...

These are just ideas. Pick one or two to start with or try a different one each day.