



50 Gratitude Journal Prompts

1. What's something that you're looking forward to?
2. What's a simple pleasure that you're grateful for?
3. What's something or someone that makes you feel safe?
4. What was the best thing that happened today?
5. What's something that you are grateful to have today that you didn't have a year ago?
6. How does being thankful mean to you? How does it make you feel?
7. It is known as the body's control center.
8. Write about a happy memory.
9. Write about a vacation that you're grateful for.
10. What's something about your health that you're grateful for?
11. What's something you're grateful for outside (look out your window)?
12. What's an accomplishment you're proud of?
13. What's a possession that makes your life easier?
14. Find a favorite photo. Why are you grateful for this photo?
15. What have you been given lately that you're grateful for?
16. Name someone that makes you smile.
17. What is your favorite hobby and why?
18. Name the best thing that's ever happened to you.
19. What artist, author, or musician are you grateful for?
20. What do you like about your job?
21. How are you able to help others?
22. What is your favorite outdoor activity?
23. What do you like most about your family?
24. Write yourself a thank you note for something you did for yourself.
25. What book(s) are you grateful for?

A pink journal cover with a floral design and the word 'Journal' written in a cursive font.

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26. Write about a friend that you're grateful for.
27. An act of kindness someone showed you.
28. Write about a mentor that you're grateful for.
29. Write about a family member you're grateful for.
30. What did you accomplish today?
31. What is your favorite thing to do on the weekends?
32. Where is your favorite place to relax?
33. What's your favorite song and why?
34. Are you thankful for the weather today?
35. What's your favorite thing about the day of the week?
36. What's something that keeps you healthy?
37. What's a tradition that you're grateful for?
38. What's one of your personality traits that you're grateful for?
39. What mistake or failure are you grateful for?
40. What's something that you bought recently that you're grateful for?
41. What's something that you made recently that you're grateful for?
42. What are you thankful for in your room?
43. What's your favorite thing about the current season?
44. A favorite quote or saying that makes you happy.
45. What's your favorite memory from your childhood?
46. What's a favorite memory of your mom/dad/sibling?
47. What scent do you most enjoy?
48. What's your favorite restaurant and why?
49. What is your favorite part of your body?
50. What is something beautiful you saw today?