

30 DAYS OF 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 made you laugh today?
5. What is different today than a year ago that you are grateful for?
6. What is something you wear that you are grateful for?
7. What is something beautiful you saw today?
8. What freedoms are you grateful for?
9. What challenge are you grateful for?
10. What is something you love in nature?
11. What about your body are you grateful for?
12. What was the best thing that happened today?
13. What family member are you grateful for today?
14. What kindness did someone give you today?
15. What do you like about where you live?
16. What do you love about a friend?
17. What spiritual gifts are you grateful for?
18. What is your favorite family activity that you did recently?
19. What book are you grateful for reading?
20. What modern convenience are you most grateful for?
21. What food are you grateful for?
22. What is something you can't live without?
23. What do you like about the current season?
24. What happened today that are you grateful for?
25. What about your home are you grateful for?
26. What do you love about your parents?
27. What memory are you most grateful for?
28. What is your favorite family tradition?
29. What are your talents?
30. What gave you comfort today?