

Gratitude Prompts

1. What's something you're looking forward to?
2. What's something that you're grateful to have today that you didn't have a year ago?
3. Describe the best part of your day today.
4. Write about a happy memory.
5. Write about someplace you've been that you're grateful for something about your body or health that you're grateful
6. Open the door or window and look outside. What's something you're grateful for outside.
7. What is a quote that always inspires you?
8. What's one thing in your home that brings you joy?
9. List three people you are grateful to have in your life.
10. What risk are you most grateful for having taken?
11. How does gratitude make you feel?
12. What song always lifts you up?
13. What mistakes or failures are you grateful for?
14. How does gratitude make you feel?
15. Open your phone or photo album and find a photo you like. Why are you grateful for this photo? Why are you grateful for the people in this photo?
16. Describe a family member you are grateful for?
17. What's a guilty pleasure you are grateful for?
18. Describe the last time you helped others with something.
19. What is your favorite hobby?
20. What is one thing in your home that you are thankful for?
21. What's a recent lesson you learned?
22. What's something you're looking forward to?
23. List three qualities you like about yourself.
24. What did you accomplish today?
25. How are you able to help others?
26. What's the best part of your self care routine?
27. Write about a teacher or mentor you are grateful for?
28. Look around the room and write about everything you see that you are grateful for?
29. What do you like about your job?
30. Describe a time you made someone smile.

