

# Journal Prompts

## FOR GRATITUDE

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WHAT IS SOMETHING THAT MADE YOU  
SMILE TODAY?

WHAT ARE THREE THINGS YOU ARE  
GRATEFUL FOR TODAY?

WHO HAS BEEN A POSITIVE INFLUENCE  
IN YOUR LIFE?

WHAT ARE THREE ACCOMPLISHMENTS  
YOU ARE PROUD OF?

WHAT IS SOMETHING THAT YOU  
APPRECIATE ABOUT YOURSELF?

WHAT IS SOMETHING YOU APPRECIATE  
ABOUT SOMEONE ELSE?

WHAT THREE THINGS DO YOU  
APPRECIATE ABOUT YOUR HOME?

WHAT ARE SOME OF YOUR FAVORITE  
MEMORIES FROM THIS PAST  
YEAR? WHAT ABOUT THE PAST FIVE  
YEARS?

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WHAT IS SOMETHING THAT YOU ARE  
GRATEFUL FOR THAT YOU DIDN'T  
EXPECT TO BE?

HOW HAS SOMEONE SHOWN  
KINDNESS TO YOU THIS WEEK,  
THIS MONTH, OR THIS YEAR?

WHAT DO YOU APPRECIATE ABOUT  
YOUR JOB/SCHOOL/VOLUNTEER  
EXPERIENCE?

WHO HAS BEEN THE PERSON THAT  
GROUNDS YOU?

WHAT ARE FIVE THINGS YOU ARE  
GRATEFUL FOR IN NATURE?

WHAT HAVE YOU LEARNED FROM  
YOUR MISTAKES?

WHAT HAVE YOU LEARNED FROM THE  
MISTAKES OF OTHERS?

WHAT ARE FIVE THINGS YOU ARE  
GRATEFUL THAT YOU  
EXPERIENCED?