

50 Journal Prompts for Gratitude

See the good

1. What is your favorite part of your daily routine?
2. What food do you love the most?
3. What is your favorite music?
4. Describe what you love most about where you live.
5. Name 5 things you're proud of.
6. Who are you most grateful for in your life?
7. Write about a time someone surprised you with politeness, kindness, or grace.
8. What do you like most about your body?
9. What's your favorite plant or tree?
10. Describe your favorite outfit.
11. What's your favorite place in your home?
12. What are the positive aspects of your job?
13. Name 3 things you like about your personality.
14. What's your favorite meal?
15. What family member/s are you most thankful for?
16. Name some hobbies you love.
17. What makes you feel calm and relaxed?
18. What makes you laugh?
19. Describe your happiest memories from childhood.
20. What are your best high school memories?
21. Grown-up memories?
22. Write about the best day you ever had.

23. What makes you feel abundant?
24. Write about what you're good at.
25. How can you help other people?
26. What books, videos, or media have you enjoyed lately?
27. What are some of the best gifts you have received?
28. Describe a time you were proud of yourself for making a good choice.
29. What are you happy you don't have in your life?
30. What life lessons have you learned that you'd like to share?
31. Is there anything you can forgive yourself for and be grateful for the lesson?
32. Name some times you lucked out.
33. Write about the best decisions you've ever made.
34. What romantic relationships are you grateful for, both past and present?
35. Name the best places you've ever traveled.
36. Who are you so glad to have met in your life?
37. How does technology better your life?
38. What good is currently happening in the world?
39. What are you grateful for as far as living in this time period?
40. What did you love the most about each decade you've lived in?
41. What do you love about your best friend/s?
42. Which holidays are you most grateful for?
43. What household or personal care products bring you joy?
44. Write about any spiritual practices that make you feel good.

45. Describe your favorite places in nature.
46. What makes you feel connected to God/source energy/your definition of the divine?
47. Name a few things you can easily upgrade and improve that will make you happy.
48. What makes you feel strong?
49. What inspires you to be creative?
50. Name 10 objects or things around you that you're grateful for.