**50 GRATITUDE JOURNAL PROMPTS**

Journal prompts to inspire reflection and appreciation in your daily life:

**General Gratitude**

1. What are three things you’re grateful for today?
2. Describe a simple pleasure that brings you joy.
3. What’s something beautiful you noticed today?
4. Write about a moment that made you smile recently.
5. What is a possession you’re grateful to have?

**People & Relationships**

1. Who in your life has had a positive impact on you?
2. Write about a friend you appreciate and why.
3. What’s something kind someone has done for you?
4. Who makes you feel loved and how do they show it?
5. What is a favorite memory with a loved one?

**Self-Reflection & Growth**

1. What is a personal strength you’re grateful for?
2. How have you grown in the past year?
3. What is a challenge you’re grateful for overcoming?
4. Write about a mistake that taught you an important lesson.
5. What is a skill or talent you appreciate about yourself?

**Health & Well-being**

1. What is something about your body you’re grateful for?
2. Write about a healthy habit you appreciate in your life.
3. What’s a way you take care of yourself that you’re thankful for?
4. What’s something that helps you relax and feel at peace?
5. Describe a time when you felt truly strong.

**Experiences & Adventures**

1. What is a trip or vacation you’re grateful for?
2. Write about a favorite childhood memory.
3. What’s an unexpected positive experience you’ve had?
4. What is a hobby or activity that brings you joy?
5. What’s a book, movie, or show that has inspired you?

**Daily Life & Surroundings**

1. What is something in your home that makes you happy?
2. Write about a moment of peace you experienced today.
3. What’s something about your neighborhood or community you appreciate?
4. Describe a comforting daily routine you enjoy.
5. What is something outside your window you’re grateful for?

**Work & Learning**

1. What is something about your job (or past jobs) that you appreciate?
2. Write about a teacher or mentor who positively influenced you.
3. What is a lesson you learned recently?
4. What is an accomplishment you’re proud of?
5. Describe a time when you felt truly motivated and inspired.

**Nature & Environment**

1. What’s a place in nature you love visiting?
2. Write about your favorite season and why you love it.
3. What’s a sound from nature that makes you feel at peace?
4. Describe a sunrise, sunset, or starry night that amazed you.
5. What is your favorite type of weather and why?

**Acts of Kindness & Giving**

1. What’s something nice you’ve done for someone recently?
2. Write about a time when someone’s generosity touched you.
3. What’s a way you can express gratitude to someone today?
4. What’s an act of kindness you witnessed recently?
5. Who is someone you want to thank, and why?

**Looking Forward with Gratitude**

1. What’s something you’re looking forward to?
2. What’s a dream or goal you’re grateful to be working toward?
3. Write about something you’re excited to learn or experience.
4. What’s a change in your life that turned out to be a blessing?
5. If you could tell your past self something encouraging, what would it be?