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Gratitude JOURNAL PROMPTS

100 prompts in 10 themes

Everyday Moments
Yourself
Nature & Seasons
Challenges & Growth
Work & Learning
The People in Your Life
Home & Comfort
Simple Pleasures
Memories
Looking Ahead

Daily & weekly gratitude pages
30-day gratitude challenge · gratitude jar slips

Notice the good, one page at a time.

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100 Gratitude Journal Prompts

PROMPTS 1–30

EVERYDAY MOMENTS

1. What made you smile today?
2. What is one small thing that went right today?
3. Describe a moment today you would like to remember.
4. What is something beautiful you saw today?
5. What part of your morning routine do you enjoy most?
6. Which meal or snack did you enjoy most this week?
7. What is a sound you love hearing at home?
8. What is something that made today easier?
9. Who or what made you laugh recently?
10. What is one thing you are looking forward to tomorrow?

THE PEOPLE IN YOUR LIFE

11. Who is someone you are grateful for, and why?
12. Write about a friend who always makes you feel better.
13. Which family member taught you something important?
14. Who helped you recently, even in a small way?
15. Write about a teacher or mentor who believed in you.
16. Who is someone you can always count on?
17. What is a kind thing a stranger once did for you?
18. Who makes you feel most like yourself?
19. Write a short thank-you note to someone you have never thanked.
20. Which person in your life inspires you, and how?

YOURSELF

21. What is a quality you like about yourself?
22. What is something your body allows you to do that you appreciate?
23. Write about a skill you are proud of learning.
24. What is a choice you made that you are glad about?
25. How have you grown in the last year?
26. What is something you do well that others may not notice?
27. What is a habit that makes your life better?
28. Write about a time you surprised yourself.
29. What makes you unique?
30. What is one way you took care of yourself this week?

100 Gratitude Journal Prompts

PROMPTS 31–60

HOME & COMFORT

31. What is your favorite spot in your home, and why?
32. What item in your home brings you joy?
33. Describe your favorite cozy evening.
34. What is a comfort food you are grateful for?
35. What is something in your home that has a special story?
36. Which smell makes you feel at home?
37. What is a household chore you secretly enjoy?
38. Describe your favorite blanket or sweater and how it feels.
39. What is something about your neighborhood you appreciate?
40. What does “home” mean to you?

NATURE & SEASONS

41. What is your favorite thing about this season?
42. Describe a beautiful sky you remember.
43. What is a place in nature that makes you feel calm?
44. What is something about today's weather you can appreciate?
45. Write about an animal or pet you are grateful for.
46. What is your favorite flower, tree or plant?
47. Describe a walk you enjoyed.
48. What is something in nature that amazes you?
49. What sound in nature do you love?
50. What is a seasonal tradition you look forward to?

SIMPLE PLEASURES

51. What is a song that always lifts your mood?
52. What book, show or movie are you grateful for?
53. Describe your perfect cup of coffee or tea.
54. What is a small luxury you enjoy?
55. What is a hobby that makes you happy?
56. What is something free that brings you joy?
57. What is your favorite way to spend a slow Sunday?
58. What is a scent that brings back good memories?
59. What is something you made with your hands that you love?
60. What little treat can you give yourself this week?

100 Gratitude Journal Prompts

PROMPTS 61–80

CHALLENGES & GROWTH

61. What is a challenge that taught you something valuable?
62. Write about a hard time that ended better than you expected.
63. What is a mistake you are now grateful for?
64. Who supported you through a difficult time?
65. What used to be hard for you that is easier now?
66. What strength did you discover in yourself during a tough moment?
67. What is a "no" that turned out to be a gift?
68. What did today teach you?
69. How has a setback helped you grow?
70. What is something hard you are working on, and what is going well?

MEMORIES

71. What is a favorite childhood memory?
72. Describe a holiday you will never forget.
73. What is the best trip you have ever taken?
74. Write about a happy moment from the past year.
75. What childhood tradition are you grateful for?
76. What is a gift you received that meant a lot?
77. Describe a time you laughed until it hurt.
78. What memory with a friend makes you smile?
79. What is a place from your past you are grateful for?
80. What lesson from someone do you still use today?

100 Gratitude Journal Prompts

PROMPTS 81–100

WORK & LEARNING

81. What is something you learned recently?
82. What part of your work or daily tasks do you enjoy?
83. Who is a coworker or classmate you appreciate?
84. What is an opportunity you are grateful for?
85. What is a goal you reached that you are proud of?
86. What tool or resource makes your life easier?
87. What are you curious about right now?
88. Write about someone who gave you a chance.
89. What compliment have you received that stuck with you?
90. What are you excited to learn next?

LOOKING AHEAD

91. What are you hopeful about right now?
92. What are you looking forward to this month?
93. Who do you want to spend more time with?
94. What is a small dream you would like to make real?
95. How can you show gratitude to someone this week?
96. What would you like to remember about this season of life?
97. What is one thing you want to say "yes" to more often?
98. What new tradition would you like to start?
99. What kind of person do you want to be a year from now?
100. Write a thank-you note to your future self.

Daily Gratitude

DATE: _____ MOOD: _____

TODAY I AM GRATEFUL FOR

1. _____
2. _____
3. _____

TODAY'S PROMPT: _____

A SMALL WIN TODAY

TOMORROW I AM LOOKING FORWARD TO

"Gratitude turns what we have into enough."

Weekly Gratitude

WEEK OF: _____

Monday	1. _____ 2. _____ 3. _____
Tuesday	1. _____ 2. _____ 3. _____
Wednesday	1. _____ 2. _____ 3. _____
Thursday	1. _____ 2. _____ 3. _____
Friday	1. _____ 2. _____ 3. _____
Saturday	1. _____ 2. _____ 3. _____
Sunday	1. _____ 2. _____ 3. _____

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30-Day Gratitude Challenge

ONE PROMPT A DAY | TICK EACH DAY WHEN YOU ARE DONE

1 ○ Something that made you smile	2 ○ A person who helped you	3 ○ Your favorite spot at home	4 ○ A song you love	5 ○ A skill you are proud of
6 ○ Something beautiful outside	7 ○ A favorite childhood memory	8 ○ A meal you enjoyed	9 ○ A friend who lifts you up	10 ○ Something your body can do
11 ○ A cozy evening	12 ○ A lesson from a hard time	13 ○ A book or show you love	14 ○ Someone who believed in you	15 ○ A small win today
16 ○ A smell that feels like home	17 ○ A tradition you love	18 ○ Something you learned	19 ○ A kind stranger	20 ○ Your favorite season
21 ○ A gift that meant a lot	22 ○ A pet or animal	23 ○ A habit that helps you	24 ○ A place that calms you	25 ○ Something free that brings joy
26 ○ A goal you reached	27 ○ Someone to thank today	28 ○ A happy trip	29 ○ What you are hopeful about	30 ○ A note to your future self

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Gratitude Jar Slips

CUT, FILL IN, FOLD AND DROP IN A JAR | READ THEM ON A HARD DAY

I am grateful for

_____

date: _____

I am grateful for

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date: _____

I am grateful for

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date: _____

I am grateful for

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date: _____

I am grateful for

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