
JOURNAL PROMPTS FOR GRATITUDE

30 Days of Writing Prompts for Gratitude

Gratitude is the ultimate and easiest way to practice mindfulness. At anytime of any day, we're able to pause and take a moment to look around. When we slow down, and trust me I know it's hard,



there is so much to be seen and made aware of. Gratitude is taking those moments and allowing yourself to truly appreciate others, your thoughts, feelings, surroundings and much more. When we do this we are allowing ourselves to be mindful of the present moment and with this, fear, anxiety and wanting to control can be released. Gratitude is letting go of what we think we **should** have, and appreciating all that we **do** have. I hope you enjoy these gratitude prompts and find happiness in life where it stands today.

Happy Journaling!

Benefits of Journaling:

- * Reduces stress
 - * Creates mindfulness
 - * Encourages creativity
 - * Boosts memory, mood and confidence
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1. I am grateful for my family because:

2. What is a childhood experience you've had that you're grateful for?

3. I am grateful for my body because:

4. What is something wonderful that happened today?

5. I am grateful for my friends because:

6. Describe a lesson you're grateful you learned.

7. I am grateful for food because:

8. Describe a time when not getting what you wanted worked out for the better.

9. I am grateful for Mother Nature's creatures because:

10. List 3 things you're grateful for today.

11. I am grateful for nature because:

12. Who is your best friend? What is a memorable moment you have together?

13. I am grateful for rain because:

14. What song can instantly brighten your day?

15. I am grateful for the sun and moon because:

16. List 3 people you're grateful for and why.

17. I am grateful for my home because:

18. Who was the last person that helped you? How did it make you feel?

19. I am grateful for my neighbours because:

20. List 3 things in your room you're grateful for.

21. I am grateful for my city because:

22. Where is your favourite place to go? Why?

23. I am grateful for my job because:

24. What is your favourite form of self-care? How does it make you feel?

25. I am grateful for my spouse because:

26. List 3 accomplishments you're proud of.

27. What do you love most about your life?

28. I am grateful for money because:

29. Describe something unique to yourself you've grown to appreciate.

30. I am grateful for all that I am and all that I have because:

Happy Journaling!

Check out our collection of [guided journals](#) at:

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