

✧ Daily Gratitude ✧

What am I looking forward to today?

1.

2.

3.

List 3 obstacles and what lessons they're teaching me.

1.

2.

3.

Who are the people I'm grateful for?

1.

2.

3.

4.

What was the best part of my day?

Focus on the happy moment for 5 minutes before falling asleep



Monthly Gratitude

Proud of my accomplishments

List goals I reached in the previous month, no matter how small

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People who made me happy this month

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List of projects I'm excited to work on in the future.

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What lesson did I learn this month?



Gratitude Journaling Prompts

Self-care

1. List 10 qualities you like about yourself.
2. What is a great recipe you've prepared that others really liked?
3. What is a great book you've recently read?
4. What is your favorite way to enjoy nature? (i.e. walking in the woods, enjoying the beach, hiking in the mountains, etc.)
5. What do you love about your hobby?
6. What is your ideal morning?
7. What physical characteristics are you most grateful for?
8. What is one aspect of your health that you're grateful for?
9. Name 5 things you are doing well currently.
10. Write the top 10 things in your life that cause you stress. For each stress factor, write what you can do to change it.

Relationships

1. What is an old relationship I am grateful for?
2. What is one quality I admire about my partner?
3. What positive quality do I really admire about myself?
4. Write about someone who makes your life better.
5. If you're single, what is your favorite part about being single? Or if you're in a relationship, what is your favorite part about being in a relationship?
6. What do you appreciate the most about your relationship?
7. List 3 people you feel that you take for granted. How can you express more appreciation for these people?
8. What about your upbringing are you most grateful for?
9. What family members are you most grateful for? Write about what makes them special.
10. Who can you count on whenever you need someone to talk to and why?

Past Experiences

1. What is one good thing that happened during the day?
2. What did I appreciate about a former job?
3. What do I admire about my childhood?
4. Write about a recent obstacle you faced and how you overcame it.
5. What is a major lesson that you learned from your job?
6. Describe the last time you procrastinated on a task that wasn't as difficult as you thought it would be.
7. Write about a time where you felt courageous.
8. Who has forgiven you for a mistake you've made in the past?
9. Think about the worst period you went through in your life and list 10 ways life is better now than it was then.
10. List 10 things you have now that you didn't have 5 years ago.

Future Opportunities

1. What one thing (within my control) would make today great?
2. What is one thing I am looking forward to today?
3. List 10 things you are looking forward to in the next year.
4. What was something you did for the first time recently?
5. List 3 things you could do today to be a kinder person.
6. What are irritations in your life that could use a change in perspective?
7. Think about the qualities of the people you admire. List these qualities and how you can incorporate them into your life.
8. Name 3 things that you can start doing today to express your gratitude to others?
9. What is the experience you're looking forward to?
10. How can you continue being more thankful?

