

31 gratitude journal prompts to get you started...

Prompts Related to People

1. Who are you grateful for in your life?
2. Who has helped you recently?
3. How did they help you?
4. What kind gestures have you received recently? (For example, someone opens the door for you.)
5. Is there anyone you have met recently and enjoyed their company?
6. Who inspires you? (Perhaps someone who inspires you to do what you do.)

Prompts Related to Tangible Things and Environment

7. Use your five senses. What do you see, hear, smell, touch and taste that you feel grateful for?
8. What things do your country, city or neighbourhood possessed that you are grateful for?
9. List three material things which you currently have that you are thankful for.
10. What things have you received or given for free which you have taken for granted? (For example, the attention someone gives you.)
11. Are there things which you have right now but don't have 10 years ago?
12. Can you be grateful for having money to buy the things that you desire?
13. What things do you use daily that you can be more appreciative towards?

Prompts Related to Self-Improvement

14. How are you different today than a few years ago? Can you be grateful for the changes?
15. What experiences do you have that you are grateful for?
16. What strengths are you grateful to have?
17. Are there any skills and abilities that you are thankful to have? (For example, analytical, problem-solving skills.)
18. What have you learned or what information have you received that you are grateful for?
19. How do your friends and family help you to become a better person?
20. What states of emotions are you in right now? Can you be grateful for that? (You can be grateful for the lessons behind negative emotions too.)

Prompts Related to School

21. What do you love about school?
22. List down anything that you are grateful for in school? (Maybe other pupils or teachers.)
23. What would happen if you weren't in school? Can you be grateful to be at school?
24. How have challenges at school helped you become better at what you do?

Prompts Related to Life

26. Think about life. What has it given you that you have taken granted for?
26. What are the basic needs that keep you alive? (Water, sunlight, and air.)
27. Are there anything in nature that keeps you in awe or you find beautiful? (For example, rain, birds chirping, butterflies.)
28. How about the time and freedom to do what you love and be yourself?
29. Are you grateful to be alive?
30. List down any of your body parts that you are thankful for. (Perhaps you are grateful for your eyes for functioning properly.)
31. Can you be grateful for something in nature just by giving it your attention and seeing its beauty?