

GRATITUDE

Daily Journal Prompts

What was the best part of your day?

When did I feel grateful today?

List 5 of your favorite possessions.

What made me smile today?

What is something that I have in my life today that I didn't have 5 years ago?

Who helped me today?

Who was kind to me today?

Where is your favorite place to visit? Describe a good memory there.

What is the most delicious thing I ate today?

Describe your oldest friend. What do you like most about that person?

What beauty did I see today?

What skills did I use today?

What problem was I able to resolve today?

What positive habits did I engage in today?

When did I feel love today?

How did I show myself compassion today?

How did I feel connected with others today?

How did I use my body today?

What did I create today?

What do I like most about my community?

How did I feel strong today?

Content modified from daringtolivefully.com

