



# Gratitude Journal Prompts

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1. What does gratitude mean to me?
2. Write at least 5 things I'm grateful for about my personality
3. What am I grateful for about the way I look?
4. List at least 10 things I'm grateful for in my life
5. List at least 5 things that I am doing well and am proud about in my life
6. What was the best part of my day today (or yesterday if you're journaling in the morning)
7. What positive habit can I start in my life right now?
8. List all the people I am thankful for
9. What are the qualities in myself that I am grateful for?
10. What or who made me smile today?
11. Write a gratitude letter to the person who has touched my life the most
12. Send thank you notes to a few people who have touched my life
13. What have I taken for granted that I can be grateful for?
14. Think of my most difficult situation, name one thing I can still be grateful for?
15. Can I find things to be grateful for in other challenging situations in my life?
16. What are 3 positive qualities I can see in the most difficult person in my life?
17. Write a gratitude note about a lesson I've learned
18. What achievements am I grateful for in my life?
19. In what ways can I alter my perspective to be more appreciative and thankful?
20. Write a thank you note to myself
21. Reflect on the past 21 days and recognize how it has changed my life

# 21 Day *Gratitude* Challenge

This 21 day gratitude challenge is designed for you to practice gratitude everyday.  
 Each day use the question or statement to write your thoughts.  
 At the end of 21 days, you will find that you've developed a stronger grateful mindset

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8 List all the people I am thankful for	9 What are the qualities in myself that I am grateful for?	10 What or who made me smile today?	11 Write a gratitude letter to the person who has touched my life the most	12 Send thank you notes to a few people who have touched my life	13 What have I taken for granted that I can be grateful for?	14 Think of my most difficult situation, name one thing I can still be grateful for?
15 Can I find things to be grateful for in other challenging situations in my life?	16 What are 3 positive qualities I can see in the most difficult person in my life?	17 Write a gratitude note about a lesson I've learned	18 What achievements am I grateful for in my life?	19 In what ways can I alter my perspective to be more appreciative and thankful?	20 Write a thank you note to myself	21 Reflect on the past 21 days and recognize how it has changed my life