

# 85 GRATITUDE JOURNAL PROMPTS

1. What was your favorite thing about your childhood?
2. What is your favorite music at the moment and why?
3. Who is one of your most dependable friends?
4. What is a personal accomplishment you've recently achieved?
5. What is a big accomplishment you've achieved in your lifetime?
6. What is a favorite memory with your family?
7. What made this month a good month?
8. What's an international nonprofit that you're thankful for?
9. Who are 5 people in service that you're thankful for?
10. What is your favorite (current or former) pet and why?
11. What's something your parents did well when you were a kid?
12. What are 5 of your favorite things about your home?
13. What are you thankful about modern technology?
14. What are positive aspects of your negative qualities?
15. Who's someone in your life that you don't see often, but when you do it's like you never missed a beat?
16. When was the last time a stranger do something nice for you?
17. What are some hobbies that you're able to enjoy and why do you love them?
18. When did you make a mistake recently that ended up becoming a positive thing?
19. What sets your family apart from other families?
20. What do you love about where you live? (Both city and house/apartment)
21. Who is a teacher and/or mentor who's impacted your life and how?

22. What is something you've learned lately?
23. When was the last time you did something for the first time?
24. When was the last time you smiled or laughed? Why?
25. What's a national nonprofit that you're thankful for?
26. What's your favorite piece of clothing?
27. What was the last physical gift you received?
28. What's been your favorite part of your week?
29. What's the last gift of service you received?
30. What's a family tradition you love?
31. What are 5 things you take for granted in your life?
32. What did your childhood teach you?
33. What's the last book you read and what did it teach you?
34. What's something you've learned in the last year?
35. What's something you've learned in the last 5 years
36. Describe your favorite smell.
37. Describe your favorite sound.
38. Describe your favorite sight.
39. Describe your favorite taste.
40. What made today a good day?
41. Who is someone who's made a big impact on your life, but they probably don't know.
42. List 5 things you are looking forward to in the near future
43. What is your favorite holiday and your favorite memory from it?
44. What is your favorite part of your daily routine?

45. Who is someone that challenges you to grow?
46. Who is someone who always makes you feel special?
47. What do you like about the weather today?
48. Who is someone who makes you laugh?
49. What's a lesson you can learn from mean and rude people in your life?
50. Who is someone who makes you a better person?
51. What are 3 opportunities that you're thankful for?
52. What do you love most about your country?
53. What's something positive in your life that you didn't have a year ago?
54. Why are you thankful to be living at this time in history?
55. What's a good day that you recently enjoyed?
56. What's something about your health that you are thankful for?
57. What's something you disliked about your parents when you were younger, but appreciate now?
58. What's your favorite food?
59. What are 5 things you like about yourself?
60. What's the favorite place you've traveled to?
61. What's your favorite thing about your body?
62. What's your favorite event in history?
63. What's your favorite thing about your job?
64. What freedoms are you most grateful for?
65. What's a relationship that you are thankful for?
66. What sense are you most thankful for and why (sight, smell, touch, hearing, taste)?
67. Who's someone that has forgiven you for wronging them?

68. What's a local nonprofit that you're thankful for?
69. What are 5 things you didn't know 5 years ago?
70. What are 10 things you take for granted?
71. What's your favorite form of exercise and moving? Why?
72. When's the last time someone thanked you?
73. What's your favorite piece of wisdom you've ever received and how has it impacted your life?
74. What's a small win you've accomplished today?
75. What's a painful experience that made you a better person?
76. What are you thankful about your current season in life?
77. What's your favorite part of your week?
78. What are you looking forward to next week?
79. What is something you are thankful about our government?
80. What are 10 things you love about your job?
81. Who's your oldest friend and what do you like about that person?
82. Who's someone you struggle to get along with and what is your favorite quality about them?
83. What's something that comes easily to you but is a challenge to others?
84. Why are you thankful for emotions?
85. What makes you happy to be alive?