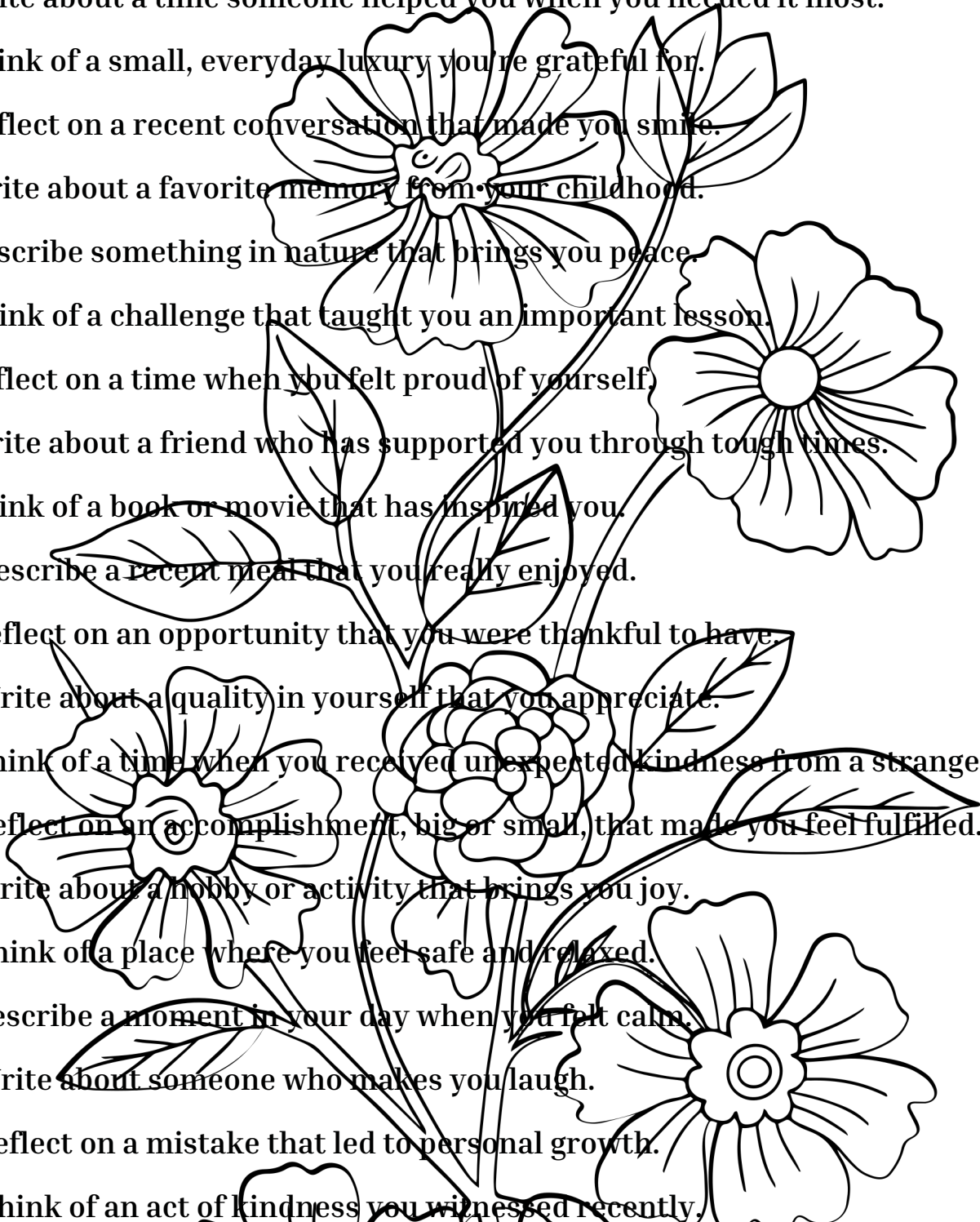


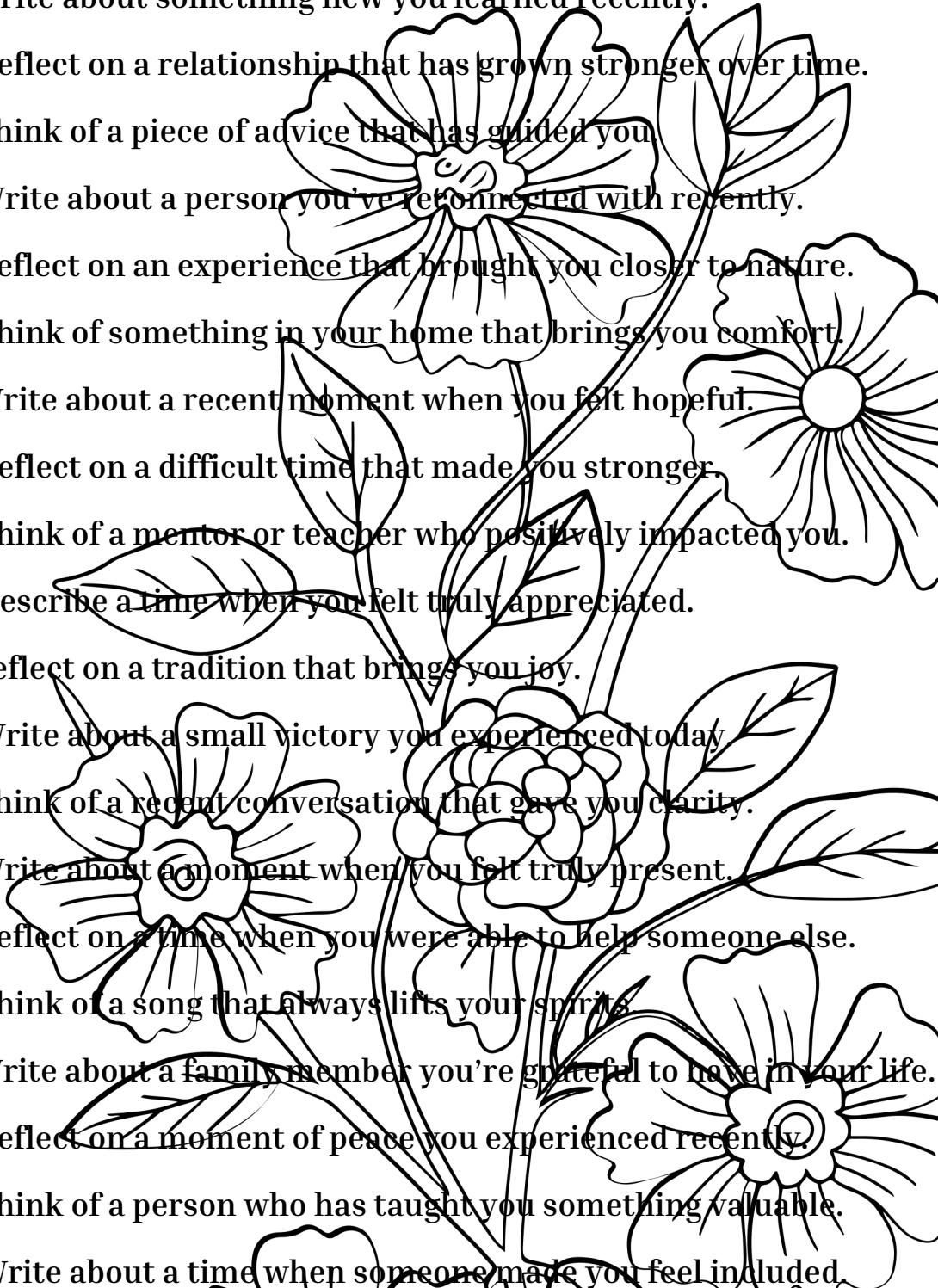
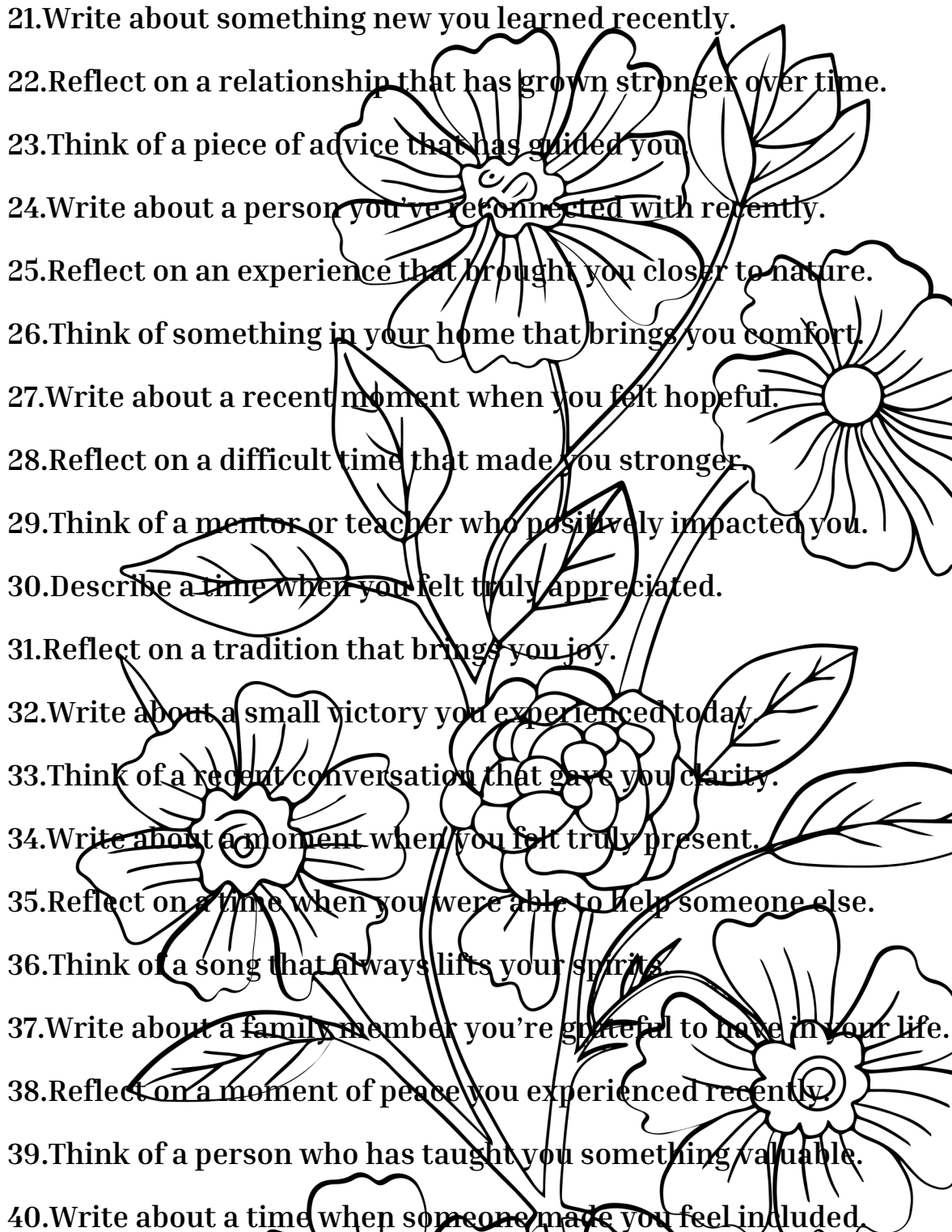
# 100 Gratitude Journal Prompts



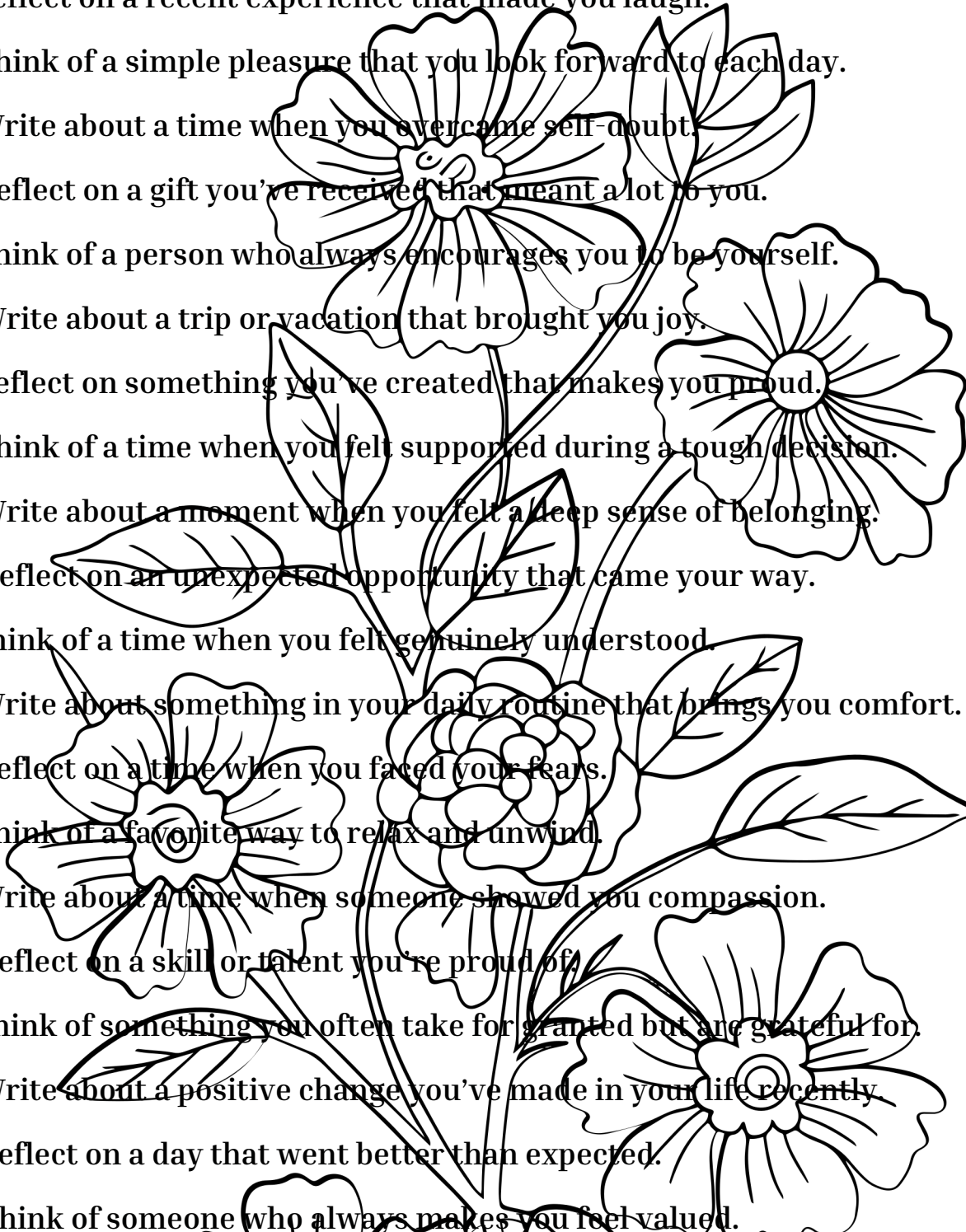
# Gratitude Journal Prompts

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1. Write about a time someone helped you when you needed it most.
  2. Think of a small, everyday luxury you're grateful for.
  3. Reflect on a recent conversation that made you smile.
  4. Write about a favorite memory from your childhood.
  5. Describe something in nature that brings you peace.
  6. Think of a challenge that taught you an important lesson.
  7. Reflect on a time when you felt proud of yourself.
  8. Write about a friend who has supported you through tough times.
  9. Think of a book or movie that has inspired you.
  10. Describe a recent meal that you really enjoyed.
  11. Reflect on an opportunity that you were thankful to have.
  12. Write about a quality in yourself that you appreciate.
  13. Think of a time when you received unexpected kindness from a stranger.
  14. Reflect on an accomplishment, big or small, that made you feel fulfilled.
  15. Write about a hobby or activity that brings you joy.
  16. Think of a place where you feel safe and relaxed.
  17. Describe a moment in your day when you felt calm.
  18. Write about someone who makes you laugh.
  19. Reflect on a mistake that led to personal growth.
  20. Think of an act of kindness you witnessed recently.

# Gratitude Journal Prompts

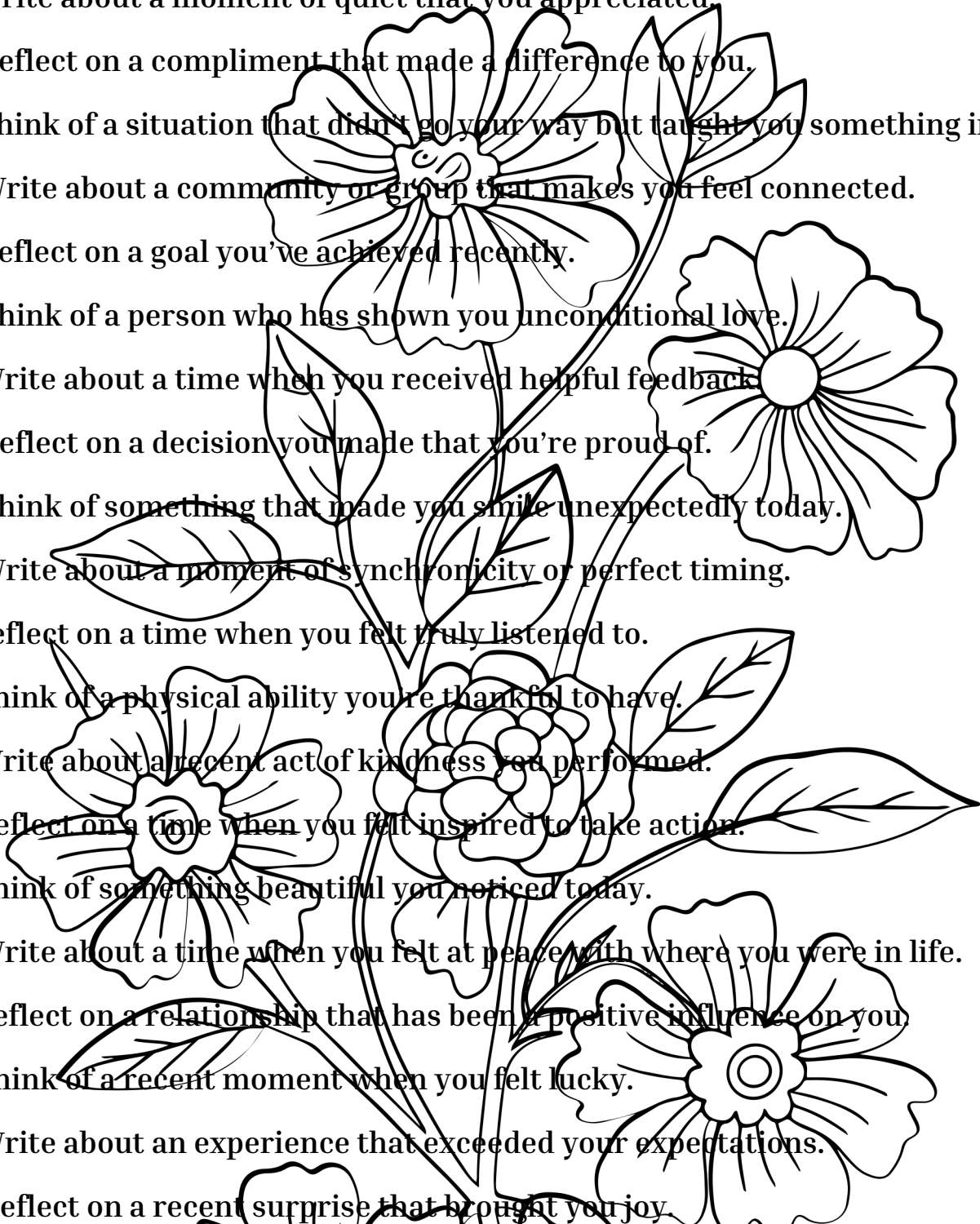

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21. Write about something new you learned recently.
  22. Reflect on a relationship that has grown stronger over time.
  23. Think of a piece of advice that has guided you.
  24. Write about a person you've reconnected with recently.
  25. Reflect on an experience that brought you closer to nature.
  26. Think of something in your home that brings you comfort.
  27. Write about a recent moment when you felt hopeful.
  28. Reflect on a difficult time that made you stronger.
  29. Think of a mentor or teacher who positively impacted you.
  30. Describe a time when you felt truly appreciated.
  31. Reflect on a tradition that brings you joy.
  32. Write about a small victory you experienced today.
  33. Think of a recent conversation that gave you clarity.
  34. Write about a moment when you felt truly present.
  35. Reflect on a time when you were able to help someone else.
  36. Think of a song that always lifts your spirits.
  37. Write about a family member you're grateful to have in your life.
  38. Reflect on a moment of peace you experienced recently.
  39. Think of a person who has taught you something valuable.
  40. Write about a time when someone made you feel included.
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# Gratitude Journal Prompts

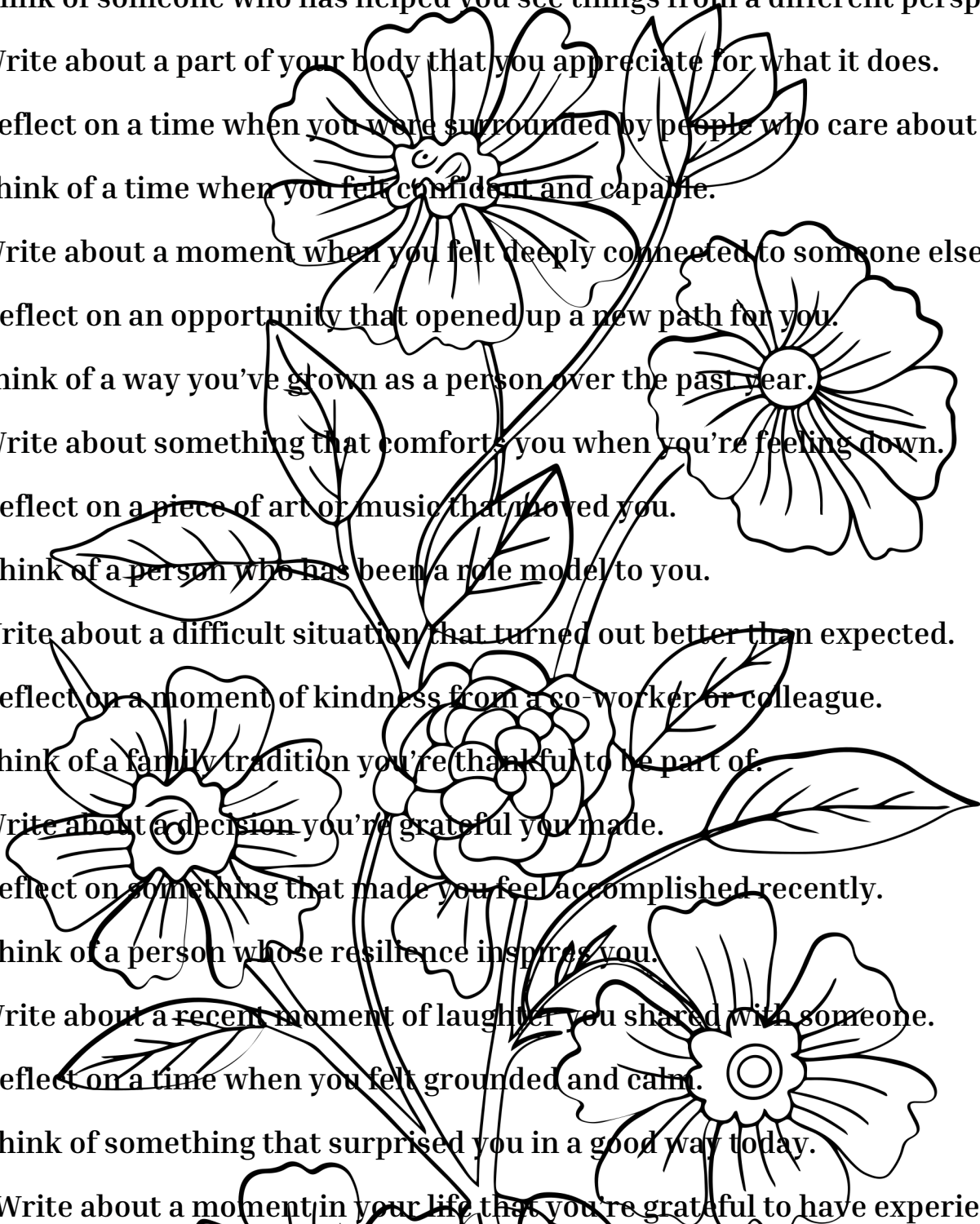
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41. Reflect on a recent experience that made you laugh.
  42. Think of a simple pleasure that you look forward to each day.
  43. Write about a time when you overcame self-doubt.
  44. Reflect on a gift you've received that meant a lot to you.
  45. Think of a person who always encourages you to be yourself.
  46. Write about a trip or vacation that brought you joy.
  47. Reflect on something you've created that makes you proud.
  48. Think of a time when you felt supported during a tough decision.
  49. Write about a moment when you felt a deep sense of belonging.
  50. Reflect on an unexpected opportunity that came your way.
  51. Think of a time when you felt genuinely understood.
  52. Write about something in your daily routine that brings you comfort.
  53. Reflect on a time when you faced your fears.
  54. Think of a favorite way to relax and unwind.
  55. Write about a time when someone showed you compassion.
  56. Reflect on a skill or talent you're proud of.
  57. Think of something you often take for granted but are grateful for.
  58. Write about a positive change you've made in your life recently.
  59. Reflect on a day that went better than expected.
  60. Think of someone who always makes you feel valued.



# Gratitude Journal Prompts

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61. Write about a moment of quiet that you appreciated.
  62. Reflect on a compliment that made a difference to you.
  63. Think of a situation that didn't go your way but taught you something important.
  64. Write about a community or group that makes you feel connected.
  65. Reflect on a goal you've achieved recently.
  66. Think of a person who has shown you unconditional love.
  67. Write about a time when you received helpful feedback.
  68. Reflect on a decision you made that you're proud of.
  69. Think of something that made you smile unexpectedly today.
  70. Write about a moment of synchronicity or perfect timing.
  71. Reflect on a time when you felt truly listened to.
  72. Think of a physical ability you're thankful to have.
  73. Write about a recent act of kindness you performed.
  74. Reflect on a time when you felt inspired to take action.
  75. Think of something beautiful you noticed today.
  76. Write about a time when you felt at peace with where you were in life.
  77. Reflect on a relationship that has been a positive influence on you.
  78. Think of a recent moment when you felt lucky.
  79. Write about an experience that exceeded your expectations.
  80. Reflect on a recent surprise that brought you joy.
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# Gratitude Journal Prompts

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81. Think of someone who has helped you see things from a different perspective.
  82. Write about a part of your body that you appreciate for what it does.
  83. Reflect on a time when you were surrounded by people who care about you.
  84. Think of a time when you felt confident and capable.
  85. Write about a moment when you felt deeply connected to someone else.
  86. Reflect on an opportunity that opened up a new path for you.
  87. Think of a way you've grown as a person over the past year.
  88. Write about something that comforts you when you're feeling down.
  89. Reflect on a piece of art or music that moved you.
  90. Think of a person who has been a role model to you.
  91. Write about a difficult situation that turned out better than expected.
  92. Reflect on a moment of kindness from a co-worker or colleague.
  93. Think of a family tradition you're thankful to be part of.
  94. Write about a decision you're grateful you made.
  95. Reflect on something that made you feel accomplished recently.
  96. Think of a person whose resilience inspires you.
  97. Write about a recent moment of laughter you shared with someone.
  98. Reflect on a time when you felt grounded and calm.
  99. Think of something that surprised you in a good way today.
  100. Write about a moment in your life that you're grateful to have experienced.