

30 UNIQUE GRATITUDE JOURNAL PROMPTS

1. What are you grateful for in your life right now?
2. Who has been kind to you today?
3. What have you enjoyed today?
4. What are you looking forward to in the coming days?
5. What good things happened to you today?
6. What are you thankful for in your work or studies?
7. What made you smile today?
8. Who brightened your day with their presence?
9. What are you grateful for in your personal relationships?
10. What simple pleasures have you enjoyed today?
11. What acts of kindness have you experienced today?
12. What has helped you feel calm and relaxed today?
13. What beauty have you seen today?
14. What are you grateful for in your home life?
15. What aspects of your daily routine do you appreciate?
16. What little things have made a big difference to your day?
17. What have you done today that made you feel good about yourself?
18. What are you grateful for in your leisure time and hobbies?
19. What aspects of nature have you appreciated today?
20. What moments of stillness or peace have you enjoyed today?
21. What are you grateful for in your mental and physical health?
22. What opportunities have you had today to help others?
23. What has brought you a sense of satisfaction today?
24. What aspects of your life are you thankful for right now?
25. What are you grateful for in the people around you?
26. What are you grateful for in your community or local area?
27. What positive things have you heard about today?
28. What are you grateful for in the world around you?
29. What hopes do you have for the future?
30. What are you most grateful for in your life overall?