

MY

gratitude

JOURNAL

DATE:

LOCATION:

Even 5 minutes a day of gratitude for the smallest of things to the biggest of things has been proven to promote happiness, contentment and good mental health. Take time to think about anything or anyone that brought joy.

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Y**

1 What are you grateful for today and why?

2 Who are you grateful for today and why?

3 What moments are you grateful for today?



ADDITIONAL PROMPTS.

1. What skills or abilities are you thankful to have?
2. What is there about a challenge you're experiencing right now that you can be thankful for?
3. What positive changes over the past year are you thankful for?
4. What activities and hobbies are you grateful for.
5. What about the city you live in are you grateful for?
6. What are you taking for granted about your day to day that you can be thankful for?
7. List 2 people in your life who are hard to get along with—and write down at least one quality for each that you are grateful for.
8. What physical items are you most grateful for?
9. Write about the music you're thankful to listen to and why.
10. Who has done something this week to help you or make your life easier and how can you thank them?
11. What foods or meals are you most thankful for?
12. What elements of nature are you grateful for and why?
13. What do you see outside everyday that you are thankful for?
14. What part of your morning routine are you most thankful for?
15. What is something I can be proud of
16. What unexpected good thing happened to me?
17. List reasons you look forward to the future.
18. Describe the best part about today.
19. Describe a friend you can rely on.
20. What is something you're grateful to have learned this week?

