**50 Express Gratitude Journal Prompts**

1. List 3 things that you are grateful for right now

2. Write about a happy childhood memory

3. Write about something good that has happened to you recently

4. My biggest accomplishment in life is…

5. List 3-5 things you are doing well at the moment

6. Write about something nice you have done for somebody recently

7. Write about your favorite scent. What is it and how does it make you feel?

8. Compare your life now to your old life. How have things improved over the years?

9. Who is your role model and why do you look up to them?

10. What qualities do you admire in other people and why?

11. In the next 24 hours, I can pamper myself by…

12. Write down 3 ways you can be kinder today

13. What qualities do other people really like about you?

14. Write about your favorite part of your daily routine. Why do you like it so much?

15. What is your favorite vacation destination and why?

16. Write a list of 5-10 things that you are looking forward to over the next year.

17. When was the last time you really laughed and why?

18. What is one thing that your job has taught you?

19. Write about a time a stranger did something nice for you.

20. When I need to talk or rely on someone, I can always call…

21. One aspect of my health that I am grateful for is…

22. Write about your favorite habit and how it helps you.

23. Describe your perfect day. What would you do, and where would you go?

24. Write about a funny video you recently saw and explain it.

25. Write a list of your best qualities.

26. After work, what do you look forward to the most?

27. What do you have now, that you didn’t have a year ago?

28. What 3 things never fail to make you smile?

29. The things I most appreciate about my life are…

30. What are some things you use or own that make your life easier?

31. Today was a great day because…

32. What is your favorite book you have read and why?

33. Do you have a pet that you are thankful for?

34. My favorite way to move my body is…

35. Write about your favorite person. Why are they your favorite?

36. When I feel down, the one thing that really cheers me up is…

37. One thing I have succeeded in that I didn’t think I would is…

38. Write down something you appreciate about your work.

39. Write about something good that has happened within your community.

40. One thing I am really looking forward to is…

41. Look outside. What are you grateful for in nature? Write it down.

42. Write about something you own that makes your life easier.

43. List some of the ways you could help others.

44. Did you have a teacher or mentor that you are grateful for?

45. Name a tradition you once hated but are now grateful for.

46. Look around you. Now write down everything you can see that you appreciate and are grateful for.

47. Something I have bought recently that I am thankful for is…

48. What mistake have you made that you are now grateful for?

49. List 3 different ways to say thank you.

50. What does it mean to you to feel cozy and safe?