



My Gratitude Journal

★ Always be grateful! ★

Gratitude Prompts



- **Someone you love** _____
- **Someone who makes you feel loved** _____
- **Someone you're thankful for** _____
- **Someone you love to hang out with** _____
- **Something you love to do** _____
- **Something that makes you laugh** _____
- **Somewhere you like to go** _____
- **Somewhere cozy** _____
- **Something you like to listen to** _____
- **Something yummy** _____
- **Something that smells nice** _____
- **Something beautiful** _____
- **Something nice** _____
- **Something in nature that you like** _____
- **Something that makes you smile** _____
- **Something that comforts me** _____
- **Something that's funny** _____
- **Something your parents do for you** _____
- **Your favorite song** _____
- **Your favorite toy** _____
- **Your best friend** _____
- **A memory you're grateful for** _____
- **A challenge you're grateful for** _____
- **A fun trip you have taken** _____
- **A gift you were given** _____

Gratitude Prompts



- **Your favorite way to relax** _____
- **Your favorite place** _____
- **Your favorite teacher** _____
- **Your favorite book** _____
- **Your favorite subject** _____
- **Your favorite piece of clothing** _____
- **Your favorite holiday** _____
- **Your favorite season** _____
- **Your favorite hobby** _____
- **Your favorite sport** _____
- **Your favorite outdoor activity** _____
- **Your favorite moment of the day** _____
- **Your favorite thing about your home** _____
- **Your favorite family tradition** _____
- **Your favorite thing about the weekend** _____
- **Your favorite thing about yourself** _____
- **Your favorite game** _____
- **Your greatest talent** _____
- **Best dream you've ever had** _____
- **A skill you're thankful for** _____
- **Something you're looking forward to** _____
- **An accomplishment you're proud of** _____
- **A family member you're grateful for** _____
- **A pet you're grateful for** _____
- **One thing that you love about the sun** _____

