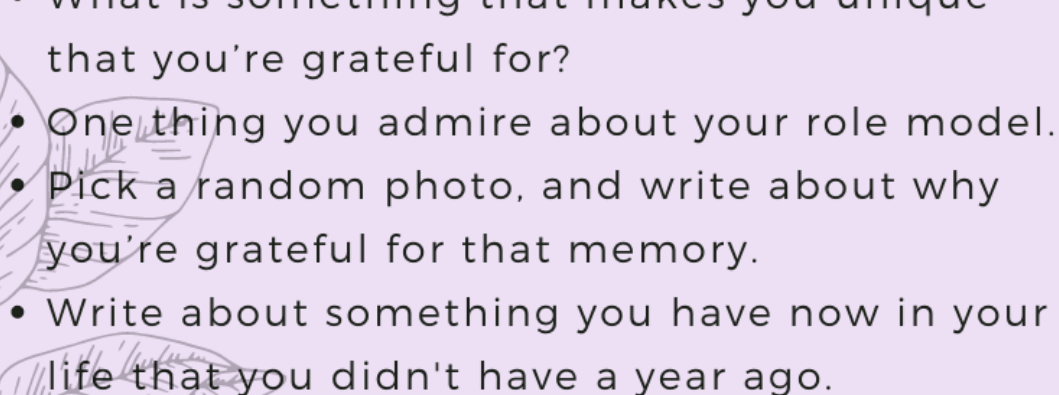




GRATITUDE JOURNAL PROMPTS

- Write about a time you were grateful for something a loved one did for you.
 - Think about a time you were able to help someone else.
 - Think about someone who helped you become the person you are today, and write about what they mean to you.
 - List three people who helped you through a tough situation.
 - Look out the window, what can you be thankful for outside?
 - Name someone who did something nice for you unprompted.
 - Write a thank you note to yourself.
 - What is your proudest accomplishment?
 - What good habits did I practice today?
 - What is something I am better at today than I was yesterday?
 - What is something that makes you unique that you're grateful for?
 - One thing you admire about your role model.
 - Pick a random photo, and write about why you're grateful for that memory.
 - Write about something you have now in your life that you didn't have a year ago.
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- What challenge did you overcome that you now see the benefit in.
- Think back to the last time you laughed until you cried, and write about it.
- Write about something you're looking forward to.
- List three things that made you smile this week.
- What are you most grateful for in your morning and night routine?
- What did you eat today? Express gratitude for it.
- What one thing (within your control) would make today great?



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