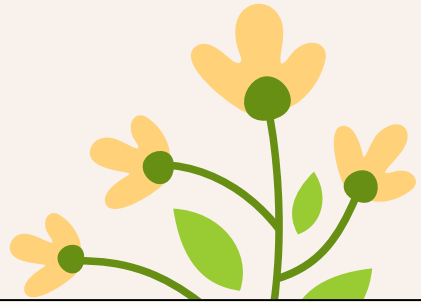


Gratitude

JOURNAL PROMPTS



- What are you most thankful for in your life? Why?
- Do you have a special talent you are grateful for?
- Do you ever find it difficult to be grateful to others? Why and why not?
- What do you love the most about the time you are living in? Why?
- List five things you appreciate about your home.
- Why do you think it is important to be grateful every day?
- List any five people you said thank you to in the last 24 hours. What did you thank them for?
- List any three acts of yours done in the last 24 hours for someone. How did that make you feel?
- Think of any random act of kindness someone showed to you. How did that make you feel?
- List any three things that you used to take for granted but now are thankful for them. What changed your perception?

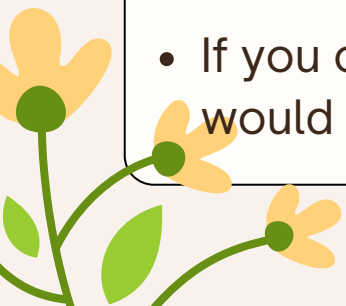


Gratitude

JOURNAL PROMPTS



- Have a look around yourself and list any three things you are grateful for. Why are you grateful to them?
- Write a thank you letter to your past self and thank yourself for the courage and kindness you showed to yourself.
- Write a thank you letter to your parents and tell them how grateful you are to them for everything they have done for you.
- Write a note of kindness to your friend(s), showing your appreciation to them for being the best friends that they are.
- Write about a friend or family member that made you smile recently.
- Write a note of thanks to any worker around you (maid, cleaner, cook, etc) and thank them for their hard work and efforts.
- Write about your favorite food that always makes you feel happy and appreciative of food in general.
- Write any random act of kindness you did for someone. How does that make you feel?
- Describe a family tradition that you are grateful for.
- If you could say thank you to any person right now, who would that be and why?



Gratitude

JOURNAL PROMPTS

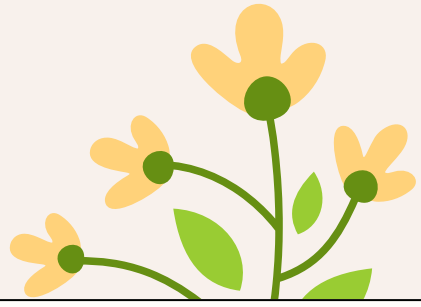


- Write about a homemade gift someone made for you that makes you feel special and happy.
- Write about a time when your friend was there when you needed him/her the most.
- How did you ensure to be thankful to others in your daily life?
- Do you think people around you appreciate what they have? Why and why not?
- List some qualities of yourself that you are grateful to possess. How did that help you in your life?
- Write a thank you note to your teachers for their hard work.
- List any five things that make your daily life activities easier but are always left unnoticed. Have a moment to be grateful to them.
- What aspect of your health are you grateful for?
- How do you think being kind to little things helps you maintain your psychological and emotional health?
- Have a moment to reflect on your recent accomplishment and your efforts to accomplish it.



Gratitude

JOURNAL PROMPTS

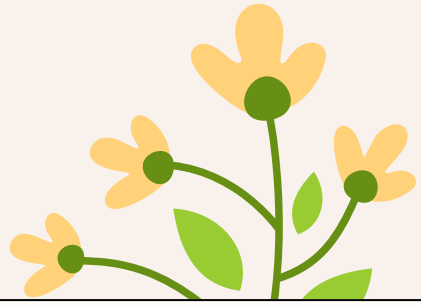


- Talk about a recent improvement in your life and why are you grateful for it.
- Write something you appreciate about your school and why.
- List some ways in which you can help someone less fortunate than you.
- How do you manage to be grateful on your bad days?
- Write a letter to someone who you are really glad to be in your life, explaining why you are glad with their presence.
- How do you express your gratitude towards yourself for all the hard work and dedication you do in your studies and career?
- What are three things you are grateful for regarding your personal development and academic success?
- Recall an instance where someone purposefully behaved rudely to you instead of being thankful for helping them. How did that make you feel and what does that make you feel about the importance of gratitude in life?
- List the things that you appreciate the most about the beauty of nature and why.
- List some favorite memories of yourself with your loved one that you are grateful for.



Gratitude

JOURNAL PROMPTS

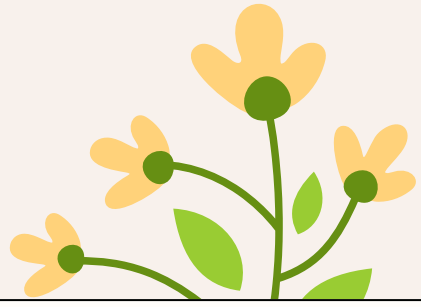


- List any three things that you appreciate that happened with you today.
- List any five things that you are grateful for today.
- What are you grateful for in this exact moment, while writing this entry?
- What is your favorite meal that always makes you happy?
- What made you happy today?
- What is your favorite place in the world and why is it your favorite?
- What is your favorite thing to do during the day and why do you enjoy doing it?
- What is the best thing that happened to you today? Talk about it.
- What do you like the most about your school?
- Name a song or movie that makes you feel happy.



Gratitude

JOURNAL PROMPTS



- What skill(s) are you grateful to have related to academics?
- What qualities are you thankful to possess that helped in your life?
- What simple pleasures are you most grateful for in your life?
- Is there any animal or pet that you are grateful to? Why?
- Write about a random act of kindness from another person that filled you with joy.
- What are the three things that you appreciate about your body?
- What are the three things that you appreciate about your mind?
- Appreciate a refreshing walk that you had in nature and brought you closer to appreciate its beauty.
- What are some necessities like food, clothes, and water, that you take for granted? Take a moment to list them and appreciate them.
- Write about an electronic device that you are grateful to have and why.



Gratitude

JOURNAL PROMPTS



- What excites you about the future and how do you manage to appreciate it?
- Appreciate a stranger who was helping someone else in need. How does that make you feel?
- What do you like the most about growing up and why are you grateful for it?
- List some core values you possess and take a moment to appreciate them.
- Why did you start gratitude journaling? Take a moment to express gratitude to yourself for initiating this step.
- Find yourself a quiet corner and sit calmly over there. Give yourself a moment to think what exactly 'gratitude' is to you. Write about it.
- Nature has provided us with abundance. Do you think you return to nature in some way as a token of your gratitude? Write about your thoughts and feelings regarding the same.
- Write about a person that you know who never shies away from expressing gratitude. What lessons have you learned from that person?
- Do you find it difficult to be grateful? Why and why not?
- What is that one quote or affirmation that comes to your mind when you hear the word 'gratitude'? Talk about it.



Gratitude

JOURNAL PROMPTS



- Recall and make a list of your life experiences that made you more appreciative of life.
- Name a person who comes to your mind when qualities like kind, appreciative, warm, thankful, etc are talked about. Write about that person and how that person inspires you.
- Do you think acts of gratitude develop a sense of purpose in life? If yes, how? If not, why?
- List the things that your parents do regularly for you and show your appreciation for the same.
- Do you think it takes courage or resilience to show kindness and gratitude to others? Why and why not?
- Do you think schools should introduce formal courses on teaching gratitude to make the world a better place? Why and why not?
- List three areas of your life where you are flourishing, like school, sports, etc., and how you are grateful for that.
- List the ways you show your gratitude towards your siblings for being kind.
- List and describe any three ways in which you can show gratitude without saying thank you.
- Think of something unique and special in your life that you are grateful for. Describe it in detail.



Gratitude

JOURNAL PROMPTS



- Describe how grateful you are to advanced technology that helped you achieve something good in your life.
- Write why you are grateful to have friends that you have by listing out their qualities and values.
- Describe a failure you are grateful to have since it helped you achieve a lot better in your life.
- What do you appreciate the most in your society or community and how do you contribute to it?
- When was the last time you did something kind to yourself? What was that and how did that make you feel?
- What are some opportunities in your life and academics that you are grateful for?
- Reflect on your emotions experienced in the last week that you are grateful for.
- Write about a time when you helped a stranger. How did that make you feel?
- Imagine you are a superhero with various superpowers. What power are you most grateful to have and why?
- Challenges help us to grow and evolve. What are some challenges that you are grateful for in your journey of growth?



Gratitude

JOURNAL PROMPTS



- Which plant do you think is best to give someone to show your gratitude towards that person and why?
- If you could show gratitude to a plant and/or an animal, what would it be and why?
- Unexpected acts of kindness have a deep and positive impact. Think of an event where someone unexpectedly showed you gratitude and what emotions did that event arouse in you?
- What are some spiritual activities (meditation, yoga, etc), that you regularly perform and are grateful for helping you achieve a sense of peace in life?
- Think of any book, movie, or podcast that has a positive impact on you. Express your gratitude towards the same.
- Appreciate yourself for building a habit of gratitude from a young age to live a healthier and happier life.
- Relax yourself and appreciate your current situation, the real you, and your journey so far.
- Do you think the habit of showing gratitude is inherited or can be cultivated? Reflect on it using your own experiences.
- How can you appreciate your five senses more and be grateful to them?
- List some acts that you are grateful for adopting that helped you minimize procrastination and come out of your comfort zone.

