**Gratitude Journal Prompts**

1. How often do you stop and think about what you are grateful for? How could you do this more often?
2. How do you feel when someone shares their gratitude for you or something you’ve done?
3. Write about a time when you thanked someone and you could tell it made them really happy.
4. Why is it important to practice gratitude?
5. Do you ever find it difficult to be grateful? Why or why not?
6. Think of something good you did for yourself recently and write yourself a thank-you note.
7. Write a thank-you note to a friend for the part he or she played in a special memory.
8. Write a thank-you note to your parents for any topic of your choice.
9. Write a thank-you note to your most prized possession for the purpose it serves in your life.
10. Write a thank-you note to someone you don’t know well who impacted you recently.
11. Make a list of all the people you are grateful to have in your life. Then, choose one to write about in detail.
12. Make a list of physical capabilities you are grateful to have. Then, choose one to write about in detail.
13. Make a list of aspects of nature you are grateful to be able to experience. Then, choose one to write about in detail.
14. Make a list of things your parents have done for you that you are grateful for. Then, choose one to write about in detail.
15. Make a list of things about school that make you feel grateful. Then, choose one to write about in detail.