

7 Day Gratitude Journal Prompts

Day 1: Morning Gratitude

Write down three things you're thankful for today. Reflect on how these blessings impact your life.

Day 2: Gratitude for Relationships

List three people you're grateful for. Why do they matter to you?

Day 3: Gratitude for Challenges

What challenges have helped you grow? Write about one and the lesson it taught you.

Day 4: Body Gratitude

Thank your body for something it did today. Maybe it's walking, breathing, or even just being!

Day 5: Gratitude for Small Joys

List five small joys from your day—things that made you smile or brought comfort.

Day 6: Nature's Gifts

Write about one aspect of nature that fills you with awe or peace.

Day 7: Gratitude Reflection

Look back over the week. What patterns or themes of gratitude do you notice? How has this practice impacted you?

