

Strengthen Your Brain with Gratitude Practice

Gratitude Journal Prompts

- ♥ Something that made me smile today
- ♥ Something that made me laugh
- ♥ Something I enjoyed about today
- ♥ My favorite place to visit
- ♥ Something I take for granted
- ♥ An act of kindness someone showed me
- ♥ Favorite things about my work
- ♥ Something I learned about recently
- ♥ Someone who made a positive difference in my life
- ♥ A favorite activity I enjoy
- ♥ My favorite thing about this day of the week (Mondays, etc.)
- ♥ Something that makes my life easier
- ♥ Something I use every day
- ♥ My favorite food
- ♥ Something I enjoy in nature
- ♥ Something I wear that makes me feel good
- ♥ Something that keeps me warm
- ♥ Something that helps me relax
- ♥ A song I love to listen to
- ♥ Something that cheers me up when I feel down
- ♥ Someone who helped me achieve a goal
- ♥ My favorite pet or animal
- ♥ Something good I saw in my community today
- ♥ My favorite memory of a parent/grandparent/significant adult
- ♥ A family tradition I enjoy
- ♥ My favorite thing about my body
- ♥ My favorite movie and why I love it
- ♥ The best book I've read recently
- ♥ The quality in my personality people seem to appreciate most
- ♥ A time I recently felt at peace
- ♥ My favorite quote or bit of wisdom
- ♥ My favorite person to spend time with
- ♥ Something I recently did to support my mental health
- ♥ A positive quality of the most challenging person in my life
- ♥ A hobby or activity I would miss if I couldn't do it anymore
- ♥ My favorite gift I've ever received
- ♥ What makes me feel most alive?

These are a great start, but many more ideas can be found online! Search "gratitude journal prompts."