



55

Gratitude Journal

Prompts

to Help You Heal & Grow

Refined  *Prose*
Your Story, *Re*defined



Write a paragraph about why you love each season of the year.

Lined writing area for the first paragraph, consisting of 15 horizontal lines.



Do you have any calming rituals? Write about it and why you find comforting. If you don't, create one now! (I hear journaling is good...)

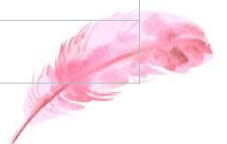
Lined writing area for the second paragraph, consisting of 15 horizontal lines.





Write about the highlight of your day.

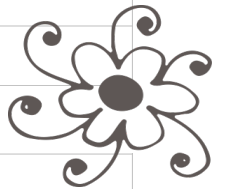
Name the people in your life who make you happiest, and a happy memory associated with each one.





Write about a time when you did something kind for a stranger.

Lined writing area for the first prompt, consisting of 12 horizontal lines.



Describe favorite memory of your childhood best friend.

Lined writing area for the second prompt, consisting of 12 horizontal lines.





What's your favorite memory of school?

Write about your best ever Christmas.





What's your most precious memory of your grandparents / grandparent figures?

Write about a time you felt truly at peace. Where were you, who were you with, what were you doing, how did you feel?





Write about a challenging event in your life, and how it strengthened your resilience.

Lined writing area for the first section, consisting of 15 horizontal lines.



Think of a friend, lover, or family member you have loved deeply and lost. Write a gratitude list all of the things you loved about them.

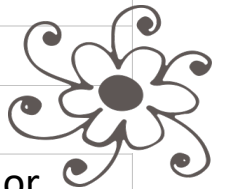
Lined writing area for the second section, consisting of 15 horizontal lines.





Describe one of your happiest memories with this person.

Lined writing area for the first question, consisting of 12 horizontal lines.



What positive lesson did this person teach you, either directly or indirectly?

Lined writing area for the second question, consisting of 12 horizontal lines.





What do other people like about you? Is it a quality you're proud of?

Lined writing area for the first question, consisting of 12 horizontal lines.



Who do you take for granted? Write down how you could you show them that they're greatly appreciated.

Lined writing area for the second question, consisting of 12 horizontal lines.





Who can you always rely on, day or night, no matter what? Write them a letter thanking them.

Lined writing area for the first column, consisting of 20 horizontal lines.

Write down the things in your life that you would be stuck without, and that you're truly grateful to have.

Lined writing area for the second column, consisting of 20 horizontal lines.





What things in your life cause you anxiety or stress? Write down strategies to overcome these irritations, and then reframe into a more positive mindset. For example, 'I find getting the children ready for the school run stressful. I could get up ten minutes earlier or pack their lunches the night before to make our mornings run more smoothly. I'm grateful that my children attend a good school, and that it's in walking distance.

Lined writing area for the first column, containing 15 horizontal lines for notes.

My happy place where I go to feel calm, balanced, and at peace is... Create a plan to visit regularly.

Lined writing area for the second column, containing 15 horizontal lines for notes.





What lesson have you learned recently that you're thankful for?

Some of my favorite quotes are... because...



