31 gratitude journal prompts



Choose one question. Write a specific detail. Skip or revisit any prompt. / Questions 1-16

01 A small convenience

What made one ordinary task easier today, and what did that give you time or energy for?

02 Something within reach

Choose an everyday object you used today. What does it help you do that you appreciate?

03 A welcome pause

When did you have a few unhurried minutes recently? Describe where you were and what made the pause welcome.

04 A familiar comfort

Which small part of your usual routine would you miss if it disappeared for a week? Why?

05 Good timing

What arrived at a useful moment: a message, an idea, a bus, a cup of tea or something else?

06 A detail worth keeping

What ordinary detail from today would you like to remember next month? Explain why it matters to you.

07 An unnoticed effort

Who took care of a small task that made your day easier? Name the task and what it meant to you.

08 Room to be yourself

Think of someone with whom you can be yourself. What do they do that makes your time together comfortable?

09 A useful lesson

What practical thing did someone teach you that you still use? Recall one recent time it helped.

10 Words that stayed

What kind words have stayed with you? Write what you remember, or describe their meaning if the wording is unclear.

11 A shared ordinary moment

Which recent everyday moment with another person did you enjoy? What would a photograph have missed?

12 A kindness nearby

What considerate action did you notice someone take, even if it was not directed at you?

13 A patch of the outdoors

What small outdoor detail caught your attention recently? Describe its color, shape or movement and why you enjoyed it.

14 A place to return to

Which accessible place do you enjoy returning to? Name one detail that makes being there worthwhile.

15 Something you could hear

Which sound did you enjoy today, and what was happening around you when you heard it?

16 Made by someone

Choose a book, song, recipe or handmade object you appreciate. What specific part of its making do you notice?

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Choose one question. Write a specific detail. Skip or revisit any prompt. / Questions 17-31



17 A change in the season

What small seasonal change are you glad you noticed? How could you record it without buying anything?

18 A useful public space

Which shared place or service has been helpful to you recently? What did it make possible?

19 Something you can do now

What task feels easier than it once did? Describe one small sign of your progress.

20 Past-you helped

What earlier choice of yours made today a little easier? Thank your past self for that specific effort.

21 A modest accomplishment

What did you finish, begin or make simpler recently that deserves a quiet note of appreciation?

22 Permission you gave yourself

When did you allow yourself to do something in a way that suited you? What did you appreciate about that choice?

23 A curiosity you followed

What question, hobby or tiny experiment held your interest recently? What did you enjoy about exploring it?

24 A helpful limit

What small limit on your time, spending or commitments helped you make room for something you value?

25 One thing that helped

On a difficult or tiring day, was there one small thing that helped a little? You can acknowledge it without calling the day good.

26 Something steady

What ordinary thing has remained useful or familiar during a recent change? Describe what you appreciate about it.

27 Enough for today

What is already enough for one small part of your day, even if other things remain unfinished?

28 Help you could accept

What kind of help have you been glad to receive? Write about the action rather than feeling obliged to repay it.

29 A gentle return

What simple activity would you be glad to return to when you have the time or energy? What do you miss about it?

30 A memory with texture

Recall a small moment you appreciate. What texture, scent, color or sound brings it back most clearly?

31 A detail to carry forward

Looking over your notes, which small thing would you like to notice more often? Choose one realistic way to remember it.

No daily streak required.
A sentence, a list or a blank space is allowed.

One small thing worth keeping



A reusable writing page. Read a question from pages 1-2, or choose your own starting point.

DATE _____ **PROMPT NUMBER / TITLE** _____

What I noticed

Why I appreciate it

A detail I want to remember

Optional: add a tiny sketch, a paper scrap or a few words. Your writing can stand on its own.

Six little prompt cards

Selected questions: 1, 7, 13, 19, 25 and 31. Cut the outer borders. Write more on the blank back.



01 A small convenience

What made one ordinary task easier today, and what did that give you time or energy for?

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07 An unnoticed effort

Who took care of a small task that made your day easier? Name the task and what it meant to you.

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13 A patch of the outdoors

What small outdoor detail caught your attention recently? Describe its color, shape or movement and why you enjoyed it.

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19 Something you can do now

What task feels easier than it once did? Describe one small sign of your progress.

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25 One thing that helped

On a difficult or tiring day, was there one small thing that helped a little? You can acknowledge it without calling the day good.

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31 A detail to carry forward

Looking over your notes, which small thing would you like to notice more often? Choose one realistic way to remember it.

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5 cm at 100% / Actual size. Cards: 3 x 2.5 in.