

7 Gratitude Journal Prompts

A printable mini-journal of specific, science-backed gratitude prompts.

- Name one small thing your body did for you today.
- Recall a conversation this week that mattered — what made it matter?
- What is one thing going well that you usually overlook?
- Write a 3-sentence thank-you to someone you've never thanked.
- Describe a moment of unexpected beauty from the past 7 days.
- Name one practice you kept this week — and why that is a win.
- Finish the sentence: 'Today I am quietly grateful that...'