



GRATITUDE

JOURNAL

PROMPTS

Welcome!



Hey There!

I am Ninette Nixon, from the MouldingLife.

Regular practice of gratitude can do a lot of wonders in your life. I hope that these 30 gratitude journal prompts will help you to kickstart your gratitude journey.

1. What are you most grateful for today?
Why?
2. List 5 basic amenities that make your life easier.
3. Write about the family members you are grateful for.
4. Write about a teacher who made a positive impact on you.
5. Write about a past experience that you are grateful for.
6. Write about the season that you love the most & which makes you happy.
7. Write about the friends you are grateful for.
8. Look around and write about 1 thing that you are grateful for.
9. Write about what made you happy today.

10. Write about a festival that makes you happy.
11. Write about an unexpected help which you received for which you are grateful.
12. Write 1 thing about today's weather that you are grateful for.
13. What does gratitude mean to you.
14. Write about one good thing that happened today in the world that you are grateful for.
15. Write about one person in workplace or school or college you are grateful for.
16. Write about one sound you are grateful for.
17. Write about 3 things in nature that you are grateful for.
18. Write about a place that makes you happy.

19. Write about an unexpected opportunity that benefited you for which you are grateful.
20. Write about a movie and a song that inspires and makes you happy.
21. How can you express your thanks to others. Write about it in detail.
22. Write about a gift that made you happy.
23. Write about an achievement you are proud of.
24. What physical feature of yours are you most grateful for?
25. What talent of yours are you most grateful for?
26. What personality trait of yours are you most grateful for?
27. What food are you most grateful for?

28. Write about a second opportunity that you are grateful for.
29. Write 3 good things about your neighborhood for which you are grateful for.
30. Write about 1 lesson you learned from life for which you are grateful.
31. Write about a happy memory for which you are grateful.

Did you find these gratitude journal prompts helpful? I will be more than happy to know your thoughts.

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Or you can connect with me through
[Facebook](#), [Instagram](#) or [Twitter](#).

Check out the [blog](#) for contents that will inspire and motivate you to become the best version of yourself.

And also, you can find me on [Pinterest](#).

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