30 Days of Gratitude Journal Prompts

1. **What am I grateful for in my life right now?**

2. **Who are the people in my life that I'm most grateful for?**

3. **What is something that happened today that I'm grateful for?**

4. **What is something about my body that I'm grateful for?**

5. **What is something about my home that I'm grateful for?**

6. **What is something about my job that I'm grateful for?**

7. **What is something about my community that I'm grateful for?**

8. **What is something about nature that I'm grateful for?**

9. **What is something about my childhood that I'm grateful for?**

10. **What is something about my education that I'm grateful for?**

11. **What is something about my spirituality that I'm grateful for?**

12. **What is something about my hobbies that I'm grateful for?**

13. **What is something about my talents that I'm grateful for?**

14. **What is something about my friendships that I'm grateful for?**

15. **What is something about my family that I'm grateful for?**

16. **What is something about my health that I'm grateful for?**

17. **What is something about my finances that I'm grateful for?**

18. **What is something about my sense of humor that I'm grateful for?**

19. **What is something about my sense of adventure that I'm grateful for?**

20. **What is something about my sense of curiosity that I'm grateful for?**

21. **What is something about my sense of empathy that I'm grateful for?**

22. **What is something about my sense of creativity that I'm grateful for?**

23. **What is something about my sense of courage that I'm grateful for?**

24. **What is something about my sense of humor that I'm grateful for?**

25. **What is something about my sense of forgiveness that I'm grateful for?**

26. **What is something about my sense of hope that I'm grateful for?**

27. **What is something about my sense of kindness that I'm grateful for?**

28. **What is something about my sense of love that I'm grateful for?**

29. **What is something about my sense of peace that I'm grateful for?**

30. **What is something about my sense of purpose that I'm grateful for?**