

Gratitude Journalling Prompts

When gratitude journalling, it is important to not worry about getting it 'right'. It doesn't matter if you struggle with spelling, or your writing doesn't make sense to others, this is for you and not anyone else. You can type if that is easier (either on a laptop or on your phone Notes app) and you can draw or paint instead of writing. You could even record yourself speaking using your phone if this is easier. You can be as creative as you want- some people enjoy scrapbooking as a way of completing their gratitude journal entries. Whilst it is great to journal as regularly as you can, don't put too much pressure on yourself, and just do your best!

These prompts can be used to help you know what to write. There will be some entries that you don't like. This is okay. You don't need to complete every entry- pick the ones that work for you. If you want to use the same prompt each time that is also okay:

List prompts:

- Write down 3 things that made you happy today
- Look around and note down 5 things you can see that you are grateful for
- Write down 5 items that you wouldn't want to live without.
- List 3 things you are proud of achieving this year
- List 3 people you are grateful for
- What are your 5 favourite things in nature (animals or plants)?
- List 10 things you have learned this month
- List 3 good things which happened yesterday
- List 3 things which always make you smile
- List 3 talents or skills you have

Free response prompts:

- Write a thank you letter to someone you care about
- Describe a time that you have done a random act of kindness for someone
- What is one memory that you will always value?
- What gift have you received which you have valued the most?

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- What do you love about the town or village you live in?
- Who is/as your favourite teacher? Explain why you have chosen them
- What place have you most enjoyed visiting? Why?
- Write about a great day out you have had in the last month
- Write about an interesting conversation you have had with someone you care about
- Describe the last time someone did something nice for you.
- What is your biggest interest or hobby? Why do you like it?
- What achievement are you most proud of?
- What is the funniest video you have watched recently? Why?
- What is your most treasured possession? Why have you chosen this?
- Describe the person you like the most and why you like them.

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