



Thoughtful Minds Therapy

Gratitude Journal Prompts

- What are three things I am grateful for today?
- What is something small that made me smile?
- Who is someone I appreciate and why?
- What is something my body allows me to do?
- What challenge has helped me grow?
- What is something I often take for granted?
- What is a comfort I can access right now?
- What is something beautiful I noticed today?
- What is something I have learned this year?
- What is something about myself I am thankful for?