

Gratitude Journal Prompts for Mental Health



1. What is one ordinary part of my day that I usually take for granted?



2. Who made my life slightly easier recently?



3. What is something my body allowed me to experience today?



4. What small comfort am I grateful for right now?



5. What relationship has taught me something valuable about myself?



6. What is something difficult that helped me discover a strength or boundary?



7. What place makes me feel calmer or more like myself?



8. What is one thing I have access to today that my younger self once wanted?



9. What recent moment would I happily experience again?



10. What is something about my current life that I don't want to overlook?

