

Gratitude

PROMPTS

little reminders to notice the good
in the everyday ♡

choose
any prompt.
dip in when
you need to.
there's no
right or wrong
— just
gratitude
in the
real life
things. ♡



What made
you smile
today?



Who are you
thankful for
in your life?



What makes
your home feel
good to be in?



What kindness
have you
received lately?



What can your
body do that you
are thankful for?



Where do you
feel most
at peace?



What always
makes you
laugh?



What skill
are you glad
you learned?



What smell
do you love?



What beautiful
thing did you
notice today?



Who has
encouraged
you recently?



What simple
pleasure makes
life better?



What comfort
are you thankful
to have?



What food
or drink
brings you joy?



What memory
makes you
smile?



What hard thing
taught you
something useful?



What makes
your daily life
easier?



What place are you
thankful you've
been to?



What do you have
now that you once
hoped for?



What part of
nature brings
you joy?



What choice
are you glad
you made?



What item do you
own that has
special meaning?



What small part
of your day
do you enjoy?



What tradition
means a lot
to you?



What do you
appreciate about
yourself?



What song
always lifts
your mood?



What have you
enjoyed learning
recently?



What everyday
thing would you
really miss?



What is going well
in your life
right now?



What are you
looking
forward to?

a grateful
heart notices
more. ♡

same
real life.
messy faith.
more
gratitude. ♡