



## Here are 10 gratitude prompts to inspire your journal writing:

1. "Write about a personal achievement you're grateful for. How did it shape you into the woman you are today?"
2. "Reflect on an obstacle you overcame recently. How has it made you stronger, what are the lessons you've learned?"
3. "Name three small things you're grateful for on a daily basis. Why do they bring you joy?"
4. "Think about a person who helped you recently. What did their encouragement and support mean to you?"
5. "Describe a memory from your childhood that you're thankful for. How does it make you feel now and how has it impacted your perspective?"
6. "What is something you're grateful to have learned so far this year?" This month? This week? Today?
7. "Which place in the world are you most thankful for and why?"
8. "What is a book, film, or song that lights up the gratitude inside you? How has it touched or influenced you?"
9. "Reflect on a moment of natural beauty you've experienced recently. How did it make you feel? Why are you grateful for it?"
10. "What is a difficult situation you're thankful for because it led to growth?" This could have happened at any point in your life.

These prompts should help you focus on various aspects of gratitude in your life, from personal growth to appreciating small everyday things, and recognizing the contributions of others to your vibrancy.

