



Mommy and Me
30 Day
Gratitude Journal

Daily Gratefulness Journal Prompts

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- A bouquet of green flowers, possibly daisies, tied with natural twine, resting on a light-colored wooden surface. The flowers are in various stages of bloom, with some showing yellow centers.
1. Remember an act of kindness you have been shown. How did it make you feel?
 2. What is your favorite food? Why is it special? What memories does it bring up?
 3. What is your favorite thing to do when you wake up? Why?
 4. What is your favorite activity? Who do you love sharing it with?
 5. What is something that helps you relax? What about it is relaxing?
 6. How does it feel when someone shows you thanks? Tell about a time when this happened.
 7. Walk outside. Think about things you can touch, see, smell, hear, taste. Why are you grateful for these things?
 8. What makes you unique? What are you grateful for about yourself?
 9. What makes your family unique? What are you grateful for about your family?
 10. What are your favorite fall activities? What do you love about fall?
 11. What are your favorite spring activities? What do you love about spring?
 12. What are your favorite summer activities? What do you love about summer?
 13. What are your favorite winter activities? What do you love about winter?
 14. What is one kind thing that you did today?
 15. Think about your favorite people.. What do you love about them?
 16. What is the best gift you have ever been given? Why?
 17. What frustrates you? How can you be grateful for this experience? What can you learn from it?
 18. What do you like to learn about? Why?
 19. What is something that you take for granted? How can you be more grateful for it?
 20. What is your favorite part of nature? Why?
 21. What is the nicest thing that anyone has done for you? How did you respond?
 22. Is there something you wish you had, but you don't? How can you be grateful in the absence?
 23. Is there a special treat that you look forward to? What is it? Why is it special?
 24. Who in your life could use extra help? Extra support? How can you provide that?
 25. What are your favorite family traditions? Why are they special?
 26. What is something that you are looking forward to? Why is it exciting?
 27. What do you like to read? What books/articles/magazines are you grateful for?
 28. What is something that you consider boring? How can you be grateful for the experience?
 29. Is there someone who is difficult to get along with? How can you be grateful for that person?
 30. Think about your month of gratefulness. Have you learned anything about yourself?

Date:

Prompt:

Discussion:

