

Practicing Self-Care Gratitude Journals

Gratitude is expressing appreciation for what you have right now. You have gratitude for the people in your life. And gratitude for all good things that are available to you in this moment.

Being grateful isn't an idea you stick on a Post-It note for a quick shot of feel-good. There's a reason (many reasons) why you are hearing it touted so much.

Gratitude can transform you. It can pull you from the vortex of negativity that is sucking the life out of you and give you a renewed sense of purpose and joy.

And the simplest way to practice gratitude is to turn it into a daily habit, specifically by committing to gratitude journaling.

GRATITUDE JOURNAL PROMPTS

Use these ideas for images + words to include in the pages of your gratitude journal.

- Something that made you smile today
- Something funny that made you laugh
- Your favorite thing when you wake up in the morning
- Something you are good at doing
- What did you enjoy the most today?
- A favorite place you like to visit
- An act of kindness someone showed you
- A book you are grateful for reading
- What weather are you grateful for today?
- Modern inventions you are thankful for
- Something you take for granted
- Favorite things you like about your job or work
- Something you learned about recently
- Someone who made a positive difference in your life
- A favorite activity you enjoy doing
- Day of the week - What's your favorite thing about Mondays {...or do you like Fridays more?}
- Favorite websites you are grateful for
- Something that makes your life easier
- A favorite food you enjoy
- Something you use every single day
- Something in nature
- Something you wear that makes you feel good {clothes, jewelry, makeup, etc.}
- Something that keeps you warm
- Something that helps you relax
- A favorite song you love
- Transportation - what are you grateful for about the things that help you travel?
- A recent "small success" - from getting out of bed in the morning to remembering to do something you might usually forget
- Something that cheers you up on a rough day
- Basic skills you learned as a child - how to tie your shoes or how to read/write
- Technology you use every single day
- Something that helps keep you healthy
- Someone who inspires you
- Something that was a wish come true
- Favorite things about this season {winter, spring, summer, fall}
- Holidays you are thankful for

- What you are grateful about your home
- A difficult experience that you learned from
- A good experience with customer service somewhere
- The best thing that happened this week
- A favorite quote or saying that makes you happy
- Something you were putting off but finally did anyways