



the soul spot

Personal Life Coaching &
Transformation Resources

Gratitude Journal Prompts

If you journal, or are just starting out, here are 5 prompts to focus your writing on gratitude. One of the keys to a gratitude practice is to not only describe the object of your gratitude, but to also experience the appreciation you feel.

01

What memory are you grateful for?

02

Name something that you truly treasure or has brought value to your life.

03

Describe the things about your pet that you appreciate.

04

What made you smile in the last day and why?

05

What do you like most about the area where you live?