

Gratitude Journaling Prompts

1. What's your definition of gratitude?

2. How easy is it for you to express your gratitude? Why you think that is?

3. Do you or have you ever kept a gratitude journal?

4. Do you think that expressing gratitude affected your emotional health? If so, how?

5. Do you think that expressing gratitude affected your stress levels? If so, how?

6. List any other benefits that you noticed as a result of expressing gratitude.

7. When you experience or witness someone being ungrateful, how does that make you feel? Write down some examples.

8. What are you most grateful for at this very moment?
