
Gratitude prompts

STARTED _____

THIRTY TO START WITH, ONE A DAY, IN ANY ORDER

- ☐ 1 What is one small thing from today you would have missed if you had been in a hurry?
- ☐ 2 Who made your life easier this week, and how?
- ☐ 3 What did your body let you do today?
- ☐ 4 Which room in your home do you like best, and why?
- ☐ 5 What is the weather doing today, and what is good about it?
- ☐ 6 What part of your work or daily tasks do you enjoy most?
- ☐ 7 Write about a difficult time you came through. What helped?
- ☐ 8 Write about a favourite memory from childhood.
- ☐ 9 What did you eat today that you really enjoyed?
- ☐ 10 What kindness did you receive today?
- ☐ 11 Describe today in three ordinary details you are glad of.
- ☐ 12 What do you like about who you are today?
- ☐ 13 Name an object you use every day and say why you are glad it exists.
- ☐ 14 Write about a friend who knows you well. What do they understand about you?
- ☐ 15 Which of your senses are you most grateful for today, and why?
- ☐ 16 What makes a place feel like home to you?
- ☐ 17 Which season suits you best, and why?
- ☐ 18 Write about a skill you are glad you learned.
- ☐ 19 What strength did you find in yourself that you did not know you had?
- ☐ 20 Which birthday do you remember best?
- ☐ 21 Who taught you to cook something?
- ☐ 22 What kindness did you give today?
- ☐ 23 What is good about a day when nothing special happens?
- ☐ 24 Write about a quality in yourself you are grateful for.

Gratitude prompts, continued

STARTED _____

- ☐ 25 Which ordinary smell makes you feel at home?
- ☐ 26 Which family member taught you something you still use?
- ☐ 27 Write about the best night of sleep you can remember.
- ☐ 28 Write about a home from your childhood. What do you remember fondly?
- ☐ 29 Write about a tree you know well.
- ☐ 30 Who has taught you the most about doing good work?

Today

DATE

THREE GOOD THINGS, A PROMPT, A KINDNESS

TODAY'S PROMPT, FROM THE LIST

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THREE GOOD THINGS TODAY

A KINDNESS, GIVEN OR RECEIVED

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Writing prompt

DATE _____

1 OF 12

What is one small thing from today you would have missed if you had been in a hurry?

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Writing prompt

DATE _____

2 OF 12

Who made your life easier this week, and how?

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Writing prompt

DATE _____

3 OF 12

What did your body let you do today?

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Writing prompt

DATE _____

4 OF 12

Which room in your home do you like best, and why?

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Writing prompt

DATE _____

5 OF 12

What is the weather doing today, and what is good about it?

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Writing prompt

DATE _____

6 OF 12

What part of your work or daily tasks do you enjoy most?

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Writing prompt

DATE _____

7 OF 12

Write about a difficult time you came through. What helped?

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Writing prompt

DATE _____

8 OF 12

Write about a favourite memory from childhood.

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Writing prompt

DATE _____

What did you eat today that you really enjoyed?

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Writing prompt

DATE _____

10 OF 12

What kindness did you receive today?

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Writing prompt

DATE _____

11 OF 12

Describe today in three ordinary details you are glad of.

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Writing prompt

DATE _____

12 OF 12

What do you like about who you are today?

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A thank-you letter

TO

WRITTEN ON