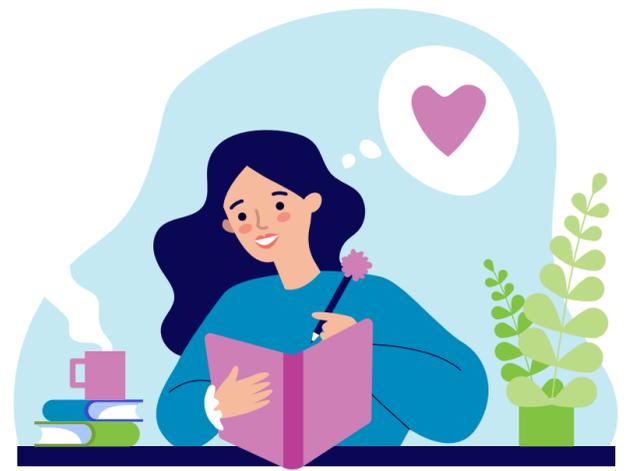


gratitude

JOURNAL PROMPTS



The biggest challenge to doing a journal is getting started and establishing a habit. Here is a list of questions, tasks and challenges to prompt your thoughts.

WEEK 1

Day 1 - What was the single best thing that happened today?

Day 2 - How was today better than yesterday?

Day 3 - What's something money can't buy that makes you feel grateful?

Day 4 - Look for beauty, and take note of the places you find it.

Day 5 - Start your emails with a note of thanks. How did that change the way others interacted with you?

Day 6 - Whatever date is on the calendar, resolve to tell that many people, "Thank you." How did this affect your day?

Day 7 - Think of an item you use every day and write it a thank you note.

WEEK 2

Day 1 - Thank someone for their feedback — even if you disagree. Did this change how you felt about the feedback?

Day 2 - What made you smile today?

Day 3 - Look around your city, your neighborhood or your home. What makes them a pleasant place to live?

Day 4 - Find one good thing you can say about someone you don't get along with — then say it to them. How did that affect your relationship with them?

Day 5 - What place makes you feel safe?

Day 6 - Make a point to thank someone today — even if it's for something very small. How did they react?

Day 7 - Is something in your life causing you pain? What's one thing about it that you can be thankful for?

WEEK 3

Day 1 - Think of a physical task you've done and write a thank you note to your body for its abilities.

Day 2 - What did you eat today to nourish your body?

Day 3 - What's one thing in the future that you're looking forward to?

Day 4 - What memory brings you joy?

Day 5 - Who had the most positive influence on your day? Tell them and record their reaction.

Day 6 - Think of a time you've failed. How did that failure lead to growth?

Day 7 - Review your journal and count the number of things you've been grateful for. Does that make you want to keep going?



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