

GRATITUDE CHALLENGE

DAILY JOURNAL PROMPTS

BLOCK OUT SOME TIME EACH DAY TO JOURNAL IN DETAIL, GET PERSONAL AND REFLECT ON THE THINGS YOU'RE GRATEFUL FOR.

- 1 WHAT LITTLE BLESSINGS DID YOU EXPERIENCE TODAY?
- 2 WHAT DO YOU MOST LOVE ABOUT YOURSELF?
- 3 WHAT RELATIONSHIPS MAKE YOUR LIFE FEEL RICH AND FULL?
- 4 WHAT ABOUT YOU MAKES YOU SPECIAL?
- 5 WHAT RISK ARE YOU MOST GRATEFUL FOR HAVING TAKEN?
- 6 WHAT IS AN ACCOMPLISHMENT THAT YOU'RE PROUD OF?
- 7 WHAT MISTAKE OR FAILURE ARE YOU GRATEFUL FOR?
- 8 WHAT'S A POSSESSION THAT MAKES YOUR LIFE EASIER?
- 9 WRITE DOWN YOUR FAVORITE AFFIRMATIONS.
- 10 WHAT EVERYDAY ITEMS ARE YOU MOST GRATEFUL FOR?
- 11 OPEN YOUR PHONE AND FIND A PHOTO YOU LIKE. WHY/ WHAT ARE YOU GRATEFUL FOR IN THE PHOTO?

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12 WRITE ABOUT A HAPPY MEMORY.

13 WRITE ABOUT A PLACE YOU'VE BEEN THAT YOU'RE GRATEFUL FOR.

14 WHAT IS SOMETHING ABOUT YOUR BODY OR HEALTH THAT YOU'RE GRATEFUL FOR?

15 LOOK OUTSIDE. WHAT'S SOMETHING YOU'RE GRATEFUL FOR OUTDOORS?

16 WHAT'S SOMETHING OR SOMEONE THAT MAKES YOU FEEL SAFE?

17 WHAT HAVE YOU BEEN GIVEN THAT YOU'RE GRATEFUL FOR?

18 WHAT GOAL HAVE YOU ACHIEVED RECENTLY?

19 HOW ARE YOU ABLE TO HELP OTHERS?

20 WHAT PUBLIC SERVICE ORGANIZATION(S) ARE YOU GRATEFUL FOR (FIRE, POLICE, ETC.)?

21 WRITE ABOUT A TEACHER OR MENTOR YOU'RE GRATEFUL FOR.

22 WRITE ABOUT A FRIEND YOU'RE GRATEFUL FOR.

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23

WHAT DID YOU ACCOMPLISH TODAY?

24

WHAT'S A TRADITION THAT YOU'RE GRATEFUL FOR?

25

DESCRIBE THE LAST TIME YOU LAUGHED REALLY HARD!

26

WHAT'S A PERSONALITY TRAIT YOU HAVE THAT YOU'RE GRATEFUL FOR?

27

LOOK AROUND. WRITE ABOUT THINGS YOU SEE THAT YOU'RE GRATEFUL FOR.

28

WHAT'S A SIMPLE PLEASURE THAT YOU'RE GRATEFUL FOR?

29

HOW CAN YOU INJECT GRATITUDE INTO A CURRENT CHALLENGE?

30

WHAT FEAR HAVE YOU OVERCOME?

31

DESCRIBE THE LAST TIME YOU PAID IT FORWARD/ DID A RANDOM ACT OF KINDNESS FOR SOMEONE.

JOINING US?! WE'D LOVE TO HEAR ABOUT YOUR GRATITUDE JOURNEY!
EMAIL US! SALES@REDPROMO.NET