

DAILY GRATITUDE JOURNAL

Date: _____ Choose one prompt or write about something else that feels true today.

Today I appreciate...

A small detail I want to remember...

30 original prompts

People Who made an ordinary moment easier for you today? What is one quality you appreciate in someone you know? Who taught you something useful, and what was it? Whose effort deserves a quiet thank-you? Who helped you feel included recently?	Daily moments What small moment felt peaceful today? What worked better than expected? What sound, scent, or sight did you enjoy? What everyday convenience helped you today? What made you smile, even briefly?	Growth What can you do now that once felt difficult? What recent mistake taught you something useful? Which habit is helping you move forward? What challenge showed you a strength you already had? What progress is easy to overlook?
Places What place helps you feel grounded? What do you appreciate about where you live? Which outdoor detail caught your attention today? What local place holds a good memory? Where do you feel most able to focus?	Support What tool or resource saved you time today? What reliable routine supports you? What skill from someone else made a task possible? What form of help are you glad exists? What boundary protected your time or energy?	Looking ahead What are you glad you get another chance to try? What simple plan gives you something to anticipate? What would make tomorrow feel meaningful? What can you prepare today for your future self? What value do you want to carry into the next week?

This is a reflection resource, not medical or mental-health treatment. Skip any prompt that does not fit your experience.