



DAILY Gratitude Prompts

A mindfulness and mental health journaling companion.

Week 1: Grounding in the Present Moment

Focus: Mindfulness + Awareness of Small Joys

- ☐ Day 1: What's one simple thing right now that brings me comfort or calm?
- ☐ Day 2: Which sound, smell, or sight around me makes me feel peaceful?
- ☐ Day 3: What moment today made me smile, even briefly?
- ☐ Day 4: What can I appreciate about my surroundings right now?
- ☐ Day 5: What small act of kindness have I witnessed or received today?
- ☐ Day 6: What does my body allow me to do that I'm grateful for?
- ☐ Day 7: What part of my daily routine am I most thankful for?

Week 2: Shifting Perspective

Focus: Reframing Challenges for Mental Health Resilience

- ☐ Day 1: What challenge have I faced recently, and what did it teach me?
- ☐ Day 2: Who in my life encourages me when I'm struggling?
- ☐ Day 3: What emotion have I felt strongly this week, and what's it showing me?
- ☐ Day 4: When did I feel most at peace this week?
- ☐ Day 5: What mistake or setback helped me grow?
- ☐ Day 6: What part of my mental health journey am I proud of?
- ☐ Day 7: What stressor can I reframe as an opportunity for self-compassion?

Week 3: Relationships & Connection

Focus: Gratitude for People, Empathy, and Community

- ☐ Day 1: Who has made a positive difference in my life lately, and how?
- ☐ Day 2: What quality do I appreciate most in my closest friend or family member?
- ☐ Day 3: When was the last time someone showed me kindness?
- ☐ Day 4: What do I value most about my support system?
- ☐ Day 5: Who can I thank—either in person or silently—for something small but meaningful?
- ☐ Day 6: How can I show gratitude to someone today?
- ☐ Day 7: What connection or conversation recently lifted my spirits?

Week 4: Inner Growth & Self-Awareness

Focus: Self-gratitude, Mindfulness, and Reflection

- ☐ Day 1: What am I most proud of myself for recently?
- ☐ Day 2: How have I taken care of my mental health this week?
- ☐ Day 3: What strength or quality do I rely on most during hard times?
- ☐ Day 4: What limiting thought or habit have I started to outgrow?
- ☐ Day 5: How do I feel when I pause and take a mindful breath?
- ☐ Day 6: What inspires me to keep growing or learning?
- ☐ Day 7: What habit or mindset shift has improved my wellbeing?

Final Reflections

Integrating Mindfulness + Journaling Insights

- ☐ Day 1: Looking back over this month, what patterns of gratitude do I notice?
- ☐ Day 2: What am I most grateful for about this season of my life?

Optional Reflection Prompts

Reuse Anytime

- ☐ What beauty did I notice in something ordinary today?
- ☐ What's one thing I used to take for granted that I now appreciate?
- ☐ How can I make tomorrow more mindful than today?