

Daily Gratitude Prompts

Day 1

Today is my opportunity to...

Today, I am thankful for...

My inspired actions for today are...

What I enjoyed about today ...

Today I noticed the beauty in ...

Today I succeeded at...

Day 2

Today I enjoyed ...

What was interesting about today was ...

I felt thankful when ...

What habits would I like to develop?

What beliefs would I like to upgrade?

What strengths did I use today?

Day 3

I appreciate (list) ...

Today, I am most inspired to do these things ...

What challenged me today that I can grow from?

What did I do really well at today?

The people I am grateful to have in my life are ...

I showed kindness today when ...

Day 4

The 3 people I am going to tell I appreciate them are ...

I noticed beauty in nature today when ...

The thing(s) I will do today to make today better than yesterday ...

Today I am going to enjoy ...

The quality I like most about myself is ...

What I would like to create in my life is ...

Day 5

What if (insert your dream) ...

What I love about my life is ...

I am grateful for the small things like ...

Today, I am most inspired to take these actions ...

What I enjoyed about today ...

What I did really well today ...

Day 6

The mindset I wish to create today is: I AM ...

What challenged me today that I can learn from?

What was today's lesson?

Today, I give thanks for

An act of kindness I did today was ...

How did I feel from my act of kindness?

Day 7

Wisdom I have gained over this week...

In what area would I like to grow...

What would I like to let go of?

How can I open up to new ways of doing things?

What I am proud of about today...

The things I am grateful for in my life are...