



The fastest path to peace is gratitude. It puts life in perspective, helps you weather storms, and reminds you of the good—even when it might seem hard to find upon first glance. The following prompts are meant to work as a gratitude journal you can use over the span of a month—or several days if you feel like completing multiple prompts each day. I hope you enjoy it and that it helps put you in a grateful space!

Day 1

I'm most grateful for my ability to: \_\_\_\_\_  
\_\_\_\_\_

Day 2

In this moment, the things I love most about my family are: \_\_\_\_\_  
\_\_\_\_\_

Day 3

Something that made me smile today was: \_\_\_\_\_  
\_\_\_\_\_

Day 4

The best thing I smelled today was: \_\_\_\_\_  
\_\_\_\_\_

Day 5

One of the memories I'm most grateful for is: \_\_\_\_\_  
\_\_\_\_\_

Day 6

Thank goodness someone taught me how to: \_\_\_\_\_  
\_\_\_\_\_

Day 7

The strongest part of my body in this moment is: \_\_\_\_\_  
\_\_\_\_\_