

Gratitude Reflection Prompt Pack

Choose one prompt and answer it in your own words. You do not have to ignore what is difficult.

1

What made today easier?

Date _____

2

What small comfort did you notice today?

Date _____

3

Who helped you recently? What did they do?

Date _____

4

What is one thing your body did for you today?

Date _____

5

What place helps you feel more like yourself?

Date _____

6

What part of your routine do you enjoy more than you usually notice?

Date _____

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7

What did your past self do that helps you now?

Date _____

8

What sound, smell, taste, or texture did you enjoy?

Date _____

9

What detail from this week do you want to remember?

Date _____

10

What helped you through a difficult moment?

Date _____

11

What are you looking forward to?

Date _____

12

What is supporting you while this is hard?

Date _____

Gratitude Reflection

Use this page to write about one answer in more detail.

What I am appreciating

Name the person, moment, ability, place, or detail.

Why it matters to me

What value, need, or relationship does it touch?

How I want to respond

Thank someone, do it again, protect time for it, or write it down.
