

Grateful Today

Daily prompts and gratitude ideas

- Write about a small moment from today that brought you unexpected joy.
- List five simple things around you right now that you're grateful for.
- Describe a person in your life who makes your days brighter—what do they bring into your world?
- Think about a recent challenge you've faced and write about how you responded and what you learned from it.
- Out your window—what do you see that feels like a gift?
- Write about a memory that still warms your heart.
- What is a simple favorite item in your life (blanket, mug, chair) and why does it bring comfort.
- Write a thank-you note to someone who has not heard from you in a little bit. Jot notes in your journal as to why they are important to you.
- Quick and easy: List three things you often take for granted.
- What makes you laugh out loud. Write about that.
- Choose a sound you love (birds, music, a voice) and describe it with gratitude.
- Nature. What's something in nature that always calms or inspires you?
- Write about a time when someone showed you kindness.
- What's a daily ritual or routine that brings you peace?
- Write about your most favorite place to be.
- Name three people—past or present—you'd like to thank. Describe why.
- Describe a meal you love, who you would love to be present, and then plan it in your journal.
- Journal about a book, movie, or song that touches your heart.
- What's something you've created or accomplished that makes you proud?
- Describe your favorite part of the day. Morning or evening?
- List five everyday objects that make life that much more lovely.
- Recall a stranger's kindness that you still remember. Or...what are simple ways you like to treat others.
- Write about your favorite season and what you're grateful for in it.
- Think of an ordinary chore you enjoy to do. Why do you enjoy it?
- Write about a skill you have and why it brings you joy to have it.
- Describe an ordinary moment of beauty you noticed today.
- What's something about your home that brings comfort?
- What lesson are you carrying into the next month.
- Name three things you're looking forward to. Add to it by writing why.
- What is something you are so very grateful for this month?
- End the month with a gratitude list: ten things—big or small—that fill your heart.