GENERAL GRATITUDE JOURNAL PROMPTS FOR ADULTS

1. What are you grateful for in your life?
2. One person who impacted or transformed your life positively?
3. What are some of the things you're thankful for?
4. List three things that can turn on your happy mode.
5. Have you ever felt blessed for something and why?
6. Are there things that you'd like to cherish in life?
7. What are some aspects or events that add joy to your life?
8. What are some of the things that make you proud?
9. What are some of the things that inspire you?
10. What are some of the things that touch your heart?
11. Write about your favorite moment on a weekday.
12. What do you love about people around you?
13. Write about your favorite hobby.
14. Write about your pet and the overall experience with your pet.
15. What are some of the things you like about yourself?

Infarrantly CREATIVE