Self-Reflection Journal Prompts



GRATITUDE

DATE: _____

№	JOURNAL PROMPT QUESTIONS	✓
1	Recall the last time something made you smile.	
2	Write about a time you received kindness.	
3	What do you love most about being you?	
4	Where is your favorite place to go? Why?	
5	What is one positive thing happening right now?	
6	Describe something that makes you laugh.	
7	What body part are you most grateful for?	
8	Write about the place that is most comfortable to you.	
9	Who inspires you the most?	
10	How can you display gratitude to others?	
11	What self-care activities are you most thankful for?	
12	List seven things that you a grateful for.	
13	What is your favorite smell? Why?	
14	What is the best gift that you've ever received?	