DAILY Gratitude

Month of: ____________
Weekly affirmations:
W1
W2
W3
W4
Gratitude Prompts

- Your favorite part of the day
- Your favorite memory
- A holiday you are most excited for
- A person you are thankful for
- Your favorite movie
- 3 things you are looking forward to
- The best thing that happened today
- A new skill you have learned
- Your favorite place to go
- Something that makes you smile
- Your favorite smell
- The best gift you have ever received
- A challenge you have overcome
- Your greatest accomplishment
- Your favorite hobby
- Something you are proud of
- Things that bring you joy
- Your favorite song
- 5 things you like about yourself
- A goal you achieved
- Your favorite season
- Something you learned today
- Something that makes you happy
- Your favorite food
- 3 things you are thankful for today
- The best compliment you received
- Your favorite self-care activity
- Someone you can count on
- One of your strengths
- Your favorite dessert
- Your favorite family activity