Journaling Prompts

- What happened today that made you laugh?
- Who did I think of, talk to or see?
- What did I do today that made someone feel better?
- When did I smile today, what made me smile?
- What went right today?
- What happened that inspired me?
- What experience did I have which I am glad I got to experience?
- I am grateful for these three teachers.
- I am grateful for these three friends.
- Who did something to help me today?
- What has happened to make me feel blessed?
- My favorite song and why?
- My favorite area in my house
- What was my hidden blessing in a difficult situation?
- A compliment that made me feel good
- Something I find comfort in
- The people that mean the most to me.
- What is a freedom I am grateful for?
- What is a life lesson I have learned?
- Who is a person I am glad to have in my life?
- What positive news have I gotten lately?
- What challenge am I grateful for?
- Something beautiful I saw today
- The item I treasure the most
- What is an accomplishment that I am proud of?
- A future event I am excited about
- What did I do today that I am pleased about
- What did I eat today that I loved?
- How do I show gratitude to my friends?
- What happened today that reminded me that I can make a bad situation better?