

105 JOURNAL PROMPTS

For Gratitude



give
THANKS
WITH A
GRATEFUL
heart



The background features a soft-focus autumn scene with pumpkins, orange and yellow leaves, and clusters of small orange berries. A semi-transparent orange banner is positioned at the top, containing the title text.

15 Journal Prompts for ...

1. Homeschooling Moms

2. Children

3. Men

4. Focusing on Your Faith

5. Focusing On Your Health

6. Your Marriage

7. Your business

Journal prompts for Homeschooling Moms

- **WHAT'S ONE THING YOUR CHILD LEARNED TODAY THAT MADE YOU PROUD?**
- **HOW DID HOMESCHOOLING ALLOW YOU TO CONNECT WITH YOUR CHILD IN A UNIQUE WAY TODAY?**
- **WHAT RESOURCE OR TOOL ARE YOU GRATEFUL FOR IN YOUR HOMESCHOOLING JOURNEY?**
- **HOW DID YOU GROW AS AN EDUCATOR TODAY?**
- **WHAT'S ONE WAY HOMESCHOOLING HAS POSITIVELY IMPACTED YOUR FAMILY DYNAMIC?**
- **WHAT CHALLENGE DID YOU OVERCOME IN YOUR HOMESCHOOLING TODAY?**
- **HOW DID YOU PRACTICE PATIENCE IN YOUR TEACHING TODAY?**
- **WHAT'S ONE THING YOU LEARNED ALONGSIDE YOUR CHILD RECENTLY?**
- **HOW HAS HOMESCHOOLING ALLOWED YOU TO TAILOR EDUCATION TO YOUR CHILD'S NEEDS?**
- **WHAT MOMENT OF JOY DID YOU EXPERIENCE DURING LESSONS TODAY?**
- **HOW DID YOU INCORPORATE YOUR VALUES INTO YOUR TEACHING TODAY?**
- **WHAT'S ONE WAY HOMESCHOOLING HAS HELPED YOU BOND WITH YOUR CHILD?**
- **HOW DID YOU CREATE A POSITIVE LEARNING ENVIRONMENT TODAY?**
- **WHAT'S ONE SKILL YOU'VE DEVELOPED THROUGH HOMESCHOOLING THAT YOU'RE GRATEFUL FOR?**
- **HOW DID YOU BALANCE TEACHING AND OTHER RESPONSIBILITIES TODAY?**



Journal prompts for Children

- **WHAT MADE YOU SMILE TODAY?**
- **WHO IS A FRIEND YOU'RE THANKFUL FOR AND WHY?**
- **WHAT'S YOUR FAVORITE TOY OR GAME, AND WHY DO YOU LIKE IT?**
- **WHAT'S THE BEST THING THAT HAPPENED AT HOME TODAY?**
- **WHAT'S SOMETHING NEW YOU LEARNED THAT YOU'RE EXCITED ABOUT?**
- **WHO HELPED YOU TODAY, AND HOW DID THEY HELP?**
- **WHAT'S YOUR FAVORITE FOOD, AND WHY ARE YOU GRATEFUL FOR IT?**
- **WHAT'S SOMETHING IN NATURE THAT MAKES YOU HAPPY?**
- **WHAT'S A FUN MEMORY YOU HAVE WITH YOUR FAMILY?**
- **WHAT'S SOMETHING YOU'RE GOOD AT THAT YOU'RE THANKFUL FOR?**
- **WHO IS SOMEONE THAT MAKES YOU LAUGH, AND WHY ARE YOU GRATEFUL FOR THEM?**
- **WHAT'S YOUR FAVORITE BOOK, AND WHY DO YOU LIKE IT?**
- **WHAT'S SOMETHING KIND SOMEONE DID FOR YOU RECENTLY?**
- **WHAT'S YOUR FAVORITE PLACE IN YOUR HOME, AND WHY DO YOU LIKE IT?**
- **WHAT'S SOMETHING YOU'RE LOOKING FORWARD TO THAT YOU'RE GRATEFUL FOR?**

Journal prompts for Men

- **WHAT'S ONE THING YOU'RE PROUD OF ACCOMPLISHING TODAY?**
- **HOW DID YOU SHOW STRENGTH OR LEADERSHIP RECENTLY?**
- **WHAT'S A SKILL OR TALENT YOU'RE GRATEFUL TO POSSESS?**
- **WHO IS A MALE ROLE MODEL YOU'RE THANKFUL FOR, AND WHY?**
- **WHAT'S ONE WAY YOU'VE GROWN AS A PERSON RECENTLY?**
- **HOW DID YOU SUPPORT YOUR FAMILY OR FRIENDS TODAY?**
- **WHAT'S A CHALLENGE YOU'VE OVERCOME THAT YOU'RE GRATEFUL FOR?**
- **HOW DID YOU TAKE CARE OF YOUR PHYSICAL OR MENTAL HEALTH TODAY?**
- **WHAT'S ONE THING ABOUT YOUR JOB OR CAREER YOU'RE THANKFUL FOR?**
- **HOW DID YOU SHOW INTEGRITY OR STAND BY YOUR VALUES TODAY?**
- **WHAT'S A HOBBY OR INTEREST YOU'RE GRATEFUL TO HAVE IN YOUR LIFE?**
- **HOW DID YOU CONTRIBUTE TO YOUR COMMUNITY OR WORKPLACE RECENTLY?**
- **WHAT'S ONE ASPECT OF YOUR RELATIONSHIPS YOU'RE PARTICULARLY GRATEFUL FOR?**
- **HOW DID YOU PRACTICE SELF-IMPROVEMENT OR LEARNING TODAY?**
- **WHAT'S ONE WAY YOU'VE BEEN A POSITIVE INFLUENCE ON SOMEONE ELSE RECENTLY?**

Journal prompts for Focusing on Your Faith

- **HOW DID YOU SEE GOD'S LOVE IN ACTION TODAY?**
- **WHAT BIBLE VERSE BROUGHT YOU COMFORT OR INSPIRATION RECENTLY?**
- **HOW DID YOUR FAITH HELP YOU OVERCOME A CHALLENGE TODAY?**
- **WHAT'S ONE WAY YOU FELT GOD'S PRESENCE IN YOUR LIFE TODAY?**
- **WHO IS SOMEONE IN YOUR FAITH COMMUNITY YOU'RE GRATEFUL FOR, AND WHY?**
- **HOW DID YOU PRACTICE YOUR FAITH TODAY?**
- **WHAT'S A PRAYER THAT WAS ANSWERED RECENTLY THAT YOU'RE THANKFUL FOR?**
- **HOW DID YOUR FAITH GUIDE A DECISION YOU MADE TODAY?**
- **WHAT'S ONE WAY YOUR FAITH HAS STRENGTHENED YOUR RELATIONSHIPS?**
- **HOW DID YOU SEE GOD'S CREATION IN A NEW WAY TODAY?**
- **WHAT'S A SPIRITUAL GIFT OR TALENT YOU'RE GRATEFUL GOD HAS GIVEN YOU?**
- **HOW DID YOU SHARE YOUR FAITH WITH OTHERS TODAY?**
- **WHAT'S ONE WAY YOUR FAITH HAS BROUGHT YOU PEACE RECENTLY?**
- **HOW DID YOU EXPERIENCE GOD'S FORGIVENESS OR GRACE TODAY?**
- **WHAT'S ONE ASPECT OF YOUR SPIRITUAL JOURNEY YOU'RE PARTICULARLY THANKFUL FOR?**

Journal prompts for Focusing on Your Health

- **WHAT'S ONE HEALTHY CHOICE YOU MADE TODAY THAT YOU'RE PROUD OF?**
- **HOW DID YOU NOURISH YOUR BODY TODAY?**
- **WHAT'S A PART OF YOUR BODY YOU'RE GRATEFUL FOR AND WHY?**
- **HOW DID YOU PRACTICE SELF-CARE TODAY?**
- **WHAT'S A HEALTHY HABIT YOU'VE DEVELOPED THAT YOU'RE THANKFUL FOR?**
- **HOW DID YOU MOVE YOUR BODY TODAY, AND HOW DID IT MAKE YOU FEEL?**
- **WHAT'S ONE WAY YOU'VE IMPROVED YOUR MENTAL HEALTH RECENTLY?**
- **HOW DID YOU PRIORITIZE SLEEP OR REST TODAY?**
- **WHAT'S A HEALTH CHALLENGE YOU'VE OVERCOME THAT YOU'RE GRATEFUL FOR?**
- **HOW DID YOU PRACTICE MINDFULNESS OR STRESS REDUCTION TODAY?**
- **WHAT'S ONE ASPECT OF YOUR DIET THAT YOU'RE THANKFUL FOR?**
- **HOW DID YOU SHOW KINDNESS TO YOUR BODY TODAY?**
- **WHAT'S A HEALTH RESOURCE OR PROFESSIONAL YOU'RE GRATEFUL TO HAVE ACCESS TO?**
- **HOW DID YOU BALANCE WORK AND PERSONAL WELL-BEING TODAY?**
- **WHAT'S ONE WAY YOUR HEALTH ALLOWS YOU TO ENJOY LIFE MORE FULLY?**

Journal prompts for Your Marriage

- **WHAT'S ONE QUALITY ABOUT YOUR SPOUSE THAT YOU ADMIRERD TODAY?**
- **HOW DID YOUR PARTNER SUPPORT YOU RECENTLY IN A WAY YOU'RE GRATEFUL FOR?**
- **WHAT'S A CHERISHED MEMORY WITH YOUR SPOUSE THAT YOU'RE THANKFUL FOR?**
- **HOW DID YOU AND YOUR PARTNER WORK AS A TEAM TODAY?**
- **WHAT'S ONE WAY YOUR MARRIAGE HAS GROWN STRONGER RECENTLY?**
- **HOW DID YOUR SPOUSE MAKE YOU SMILE OR LAUGH TODAY?**
- **WHAT'S A CHALLENGE YOU'VE OVERCOME TOGETHER THAT YOU'RE GRATEFUL FOR?**
- **HOW DID YOU SHOW LOVE TO YOUR PARTNER TODAY?**
- **WHAT'S ONE THING ABOUT YOUR SPOUSE THAT COMPLEMENTS YOUR PERSONALITY WELL?**
- **HOW HAS YOUR MARRIAGE POSITIVELY INFLUENCED OTHER AREAS OF YOUR LIFE?**
- **WHAT'S A SHARED GOAL OR DREAM WITH YOUR SPOUSE THAT YOU'RE EXCITED ABOUT?**
- **HOW DID YOU PRACTICE PATIENCE OR UNDERSTANDING IN YOUR MARRIAGE TODAY?**
- **WHAT'S ONE WAY YOUR SPOUSE HAS HELPED YOU GROW AS A PERSON?**
- **HOW DID YOU PRIORITIZE QUALITY TIME WITH YOUR PARTNER RECENTLY?**
- **WHAT'S ONE ASPECT OF YOUR WEDDING DAY THAT YOU'RE STILL GRATEFUL FOR?**

Journal prompts for Your Business

- **WHAT'S ONE BUSINESS GOAL YOU ACHIEVED RECENTLY THAT YOU'RE PROUD OF?**
- **HOW DID A TEAM MEMBER OR COLLEAGUE SUPPORT YOU TODAY?**
- **WHAT'S A SKILL YOU'VE DEVELOPED THROUGH YOUR BUSINESS THAT YOU'RE GRATEFUL FOR?**
- **HOW DID YOU OVERCOME A BUSINESS CHALLENGE RECENTLY?**
- **WHAT'S ONE WAY YOUR BUSINESS HAS POSITIVELY IMPACTED A CUSTOMER OR CLIENT?**
- **HOW DID YOU PRACTICE WORK-LIFE BALANCE TODAY?**
- **WHAT'S A BUSINESS RESOURCE OR TOOL YOU'RE THANKFUL TO HAVE ACCESS TO?**
- **HOW DID YOU SHOW LEADERSHIP OR INITIATIVE IN YOUR WORK TODAY?**
- **WHAT'S ONE ASPECT OF YOUR BUSINESS GROWTH THAT YOU'RE PARTICULARLY GRATEFUL FOR?**
- **HOW DID YOU CONTRIBUTE TO A POSITIVE WORK ENVIRONMENT TODAY?**
- **WHAT'S A VALUABLE LESSON YOU LEARNED THROUGH YOUR BUSINESS RECENTLY?**
- **HOW DID YOUR BUSINESS ALLOW YOU TO BE CREATIVE OR INNOVATIVE TODAY?**
- **WHAT'S ONE WAY YOUR BUSINESS HAS ALLOWED YOU TO HELP OTHERS?**
- **HOW DID YOU PRACTICE RESILIENCE IN YOUR BUSINESS ENDEAVORS RECENTLY?**
- **WHAT'S AN ASPECT OF YOUR BUSINESS JOURNEY THAT'S BROUGHT UNEXPECTED JOY?**



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<https://msha.ke/livinglifewithapurpose>