

Gratitude Journal Prompts

Reality by Design • November

Gratitude is a powerful frequency that attracts more abundance into your life. Use these prompts to deepen your daily gratitude practice, appreciate what you have, and reframe challenges as opportunities for growth.

Daily Gratitude Practice

Answer these each morning or evening:

Three things I'm grateful for today:

- 1.
- 2.
- 3.

One person who made a positive impact on my life:

Something about my body or health I appreciate:

Appreciation Exercises

Deepen your practice with these weekly prompts:

A skill or talent I'm grateful to have:

A recent experience that brought me joy:

Something in my home that I love:

An opportunity I have that I sometimes take for granted:

Something beautiful I noticed today:

Reframing Challenges

Find gratitude even in difficult situations:

A challenge I'm currently facing:

What is this challenge teaching me?

How is this making me stronger or wiser?

What positive outcome could emerge from this situation?