

# 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?**