



# Gratitude Journal Prompts

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| What was the best thing that happened this week?               |  |
| How does a friend inspire you to be a better person?           |  |
| What is something about your home that you love?               |  |
| Describe a favorite meal and why it is meaningful.             |  |
| What part of your daily routine brings you peace?              |  |
| Name a family tradition that has special meaning to you.       |  |
| Describe a song or piece of music that lifts your spirit.      |  |
| What is a modern convenience you are thankful to have?         |  |
| Reflect on a teacher/mentor who has made a difference for you. |  |
| Name an obstacle you are grateful to have overcome.            |  |





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