



20 Journal Prompts & Affirmations to Cultivate Gratitude

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20 Journal Prompts & Affirmations to Cultivate Gratitude

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“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity.” ~ MELODY BEATTIE

There is a transformational and healing power available when we regularly express gratitude in our lives.

Every day is a good day to express our gratitude.

Gratitude is healing, uplifting, and magnetizing. Have you ever noticed how the simple act of being grateful can positively impact your mood and give you an overall feeling of well-being?

Two of my favourite tools for reflecting on and expressing my gratitude include journaling and affirmations. These are both at the heart of my daily gratitude practice and have made such a profound difference in my life during both good times and challenging times too.

Daily gratitude offers a lens through which we can see our lives based on what is present versus what might feel lacking, it is a practice of finding the goodness in our midst. Practicing gratitude opens our hearts and minds to give and receive many mindful moments of love, joy, health, abundance, vitality and more.

“Acknowledging the good that you already have in your life is the foundation for all abundance.” ~ ECKHART TOLLE

The following journaling prompts and affirmations are offered to support you to cultivate gratitude in your life in expanded and intentional ways. Enjoy!

20 Journal Prompts & Affirmations to Cultivate Gratitude

1. What do you appreciate most about this life you have been given?

I love and appreciate the life I have been given.



"We can only be said to be alive in those moments when our hearts are conscious of our treasures."

~ THORNTON WILDER

2. How do you show gratitude and appreciation to others?

Each day, I commit to showing thanks to those around me.

3. What do you appreciate about your job, work, business and/or the way you spend your days?

I am thankful for my daily life and the opportunities it provides.

4. What do you appreciate about your physical body?

I am grateful for the body I have been given.



5. What feelings are you grateful for experiencing?

I invite gratitude into my heart.

6. What small things are you grateful for today?

Today, and each day, I will appreciate the small things in life.



"This is a wonderful day. I have never seen this one before."

~ MAYA ANGELOU

7. What do you appreciate most about the people around you?

*I will go through my day with love and gratitude
towards those around me.*



"The deepest craving of human nature is the need to be appreciated."

~ WILLIAM JAMES

8. What second chance(s) have you experienced in your life?

*Each day can provide a second chance or new beginning
and I am thankful for that.*

9. Who are some of the people that have helped you the most in your life so far?

I am grateful to those who have helped me along my journey.

10. What beauty are you noticing and feeling grateful for?

I wake up grateful every day for the beauty of life.



“The world has enough beautiful mountains and meadows, spectacular skies and serene lakes. It has enough lush forests, flowered fields, and sandy beaches. It has plenty of stars and the promise of a new sunrise and sunset every day. What the world needs more of is people to appreciate and enjoy it.”

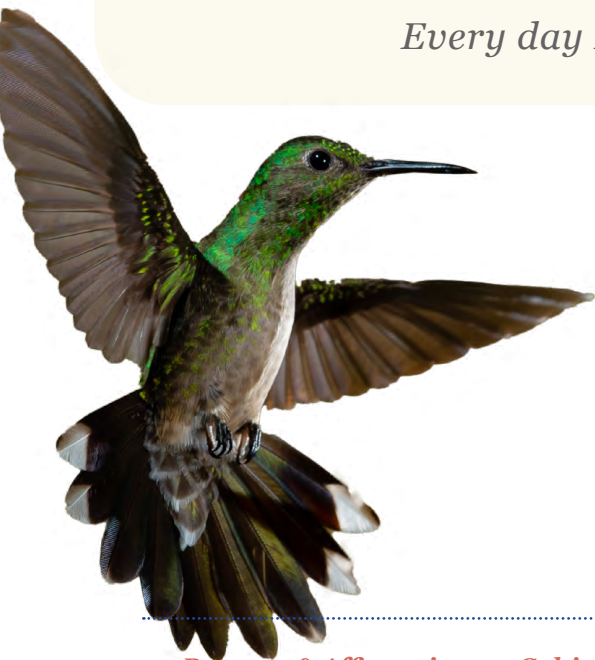
~ MICHAEL JOSEPHSON

11. What is something you have received that you are grateful for?

I am happy and grateful for everything that I receive.

12. What is one thing you have learned recently that has made a difference in your life?

Every day I am open to learning and growing.



13. What brings you happiness and joy?

*I take responsibility for my own happiness
and realize I am the creator of my joy.*



*I am happy because I'm grateful. I choose to be grateful.
That gratitude allows me to be happy."*

~ WILL ARNETT

14. What gifts or blessings have you experienced?

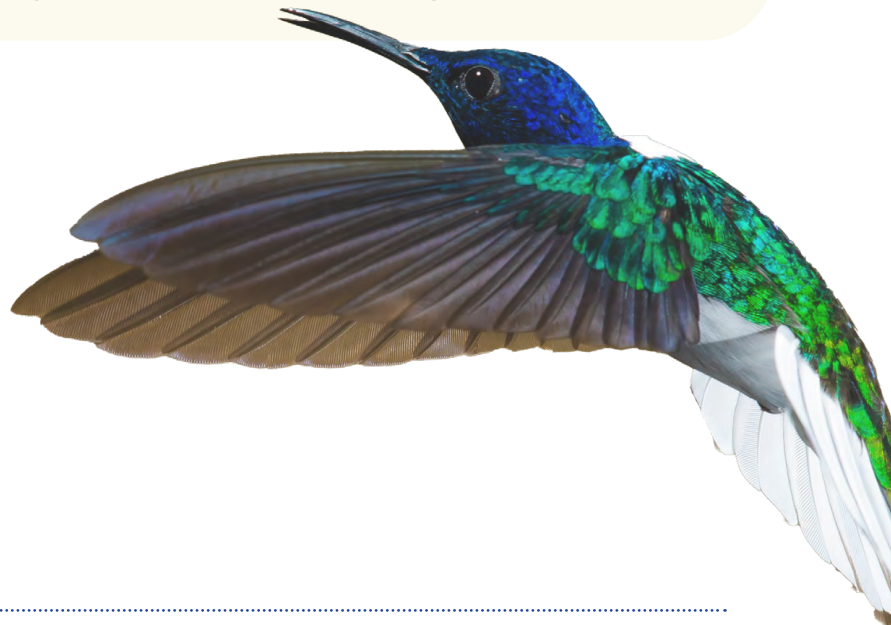
I trust that the universe only has the best of intentions for me.

15. How have you expanded your gratitude practice?

Each day I strive to be better and more grateful than the day before.

16. What parts of your overall health are you grateful for?

I am grateful for my health and well-being.



17. What areas of abundance are you appreciative of in your life?

I have a huge amount of abundance in my life.



"When you are grateful, fear disappears and abundance appears."

~ ANTHONY ROBBINS

18. What aspects of your inner strength and resilience are you grateful for?

I am grateful for my resilience and inner strength during difficult times.



"When we focus on our gratitude, the tide of disappointment goes out and the tide of love rushes in."

~ KRISTIN ARMSTRONG

19. What have you been grateful for that has surprised you?

*I am grateful for things I never expected to happen
that have somehow enriched my life.*

20. What characteristics or aspects of yourself do you appreciate the most?

I am worthy of being loved and valued.

**Wishing you much health, happiness, growth, and abundance
as you live a grateful life!**



Hummingbirds are a symbol for gratitude