

# JOURNAL PROMPTS

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- List 10 things that you are grateful for this week.
- What is something within nature that you are grateful for? Is it something you get to experience often?
- What is something that you should/could be celebrating but aren't?
- What is something that you wish were different about your life right now?
- Five years from now, I will be...
- What are 3 goals you have for yourself? How can you achieve them? What steps would you need to take?
- Who is your favorite person in your life at the moment? Why?
- Write about your favorite song (currently). What thoughts and feelings does it spark for you? Why is it your favorite? Does it remind you of anyone or anything?
- What is something that you like most about your body? Why?
- Write a short letter to someone you are grateful for.
- What is the coolest job to have? Is that your dream occupation? Why or why not?
- What does gratitude mean to you? How can gratitude be best expressed and received in your opinion?