
Gratitude Prompts
60+ ideas for ways to express appreciation in your gratitude journal
Wisdom Stirring

Why gratitude matters

Gratitude is being consciously thankful for something in our lives - an experience, our material possessions, our circumstances, our relationships - and deeply feeling appreciation and sometimes communicating this to others.

Being grateful includes recognition that much of the goodness in our lives comes from outside of ourselves, and is sometimes referred to as "counting our blessings".

For some, gratitude is the most important and powerful of all spiritual practices.

Gratitude reconnects us with our hearts, focuses us on the positive and helps us to acknowledge the role of a higher power in our lives.

When practised consciously, gratitude can be as difficult and demanding as any spiritual practice, because it requires that we deliberately choose not only our focus, but also our thoughts and feelings about everything we experience.

By choosing gratitude, we find the value in every moment, and we understand at the deepest level that the way we experience our lives is entirely our responsibility, independent of external circumstances.



How to practise gratitude

There are many different ways to practise gratitude, from saying thank you, to appreciating your breath, to going on a gratitude walk.

Keeping a gratitude journal, where you write every day about the things you are grateful for, is another great way to express your gratitude.

Make it easier on yourself and start with things that are easy to appreciate. Start small, or with things that already feel good, and work your way up to the more difficult things.

Take time to fully soak in the feeling of gratitude or appreciation.

Find the value that every person, event or object brings to your life, and be truly thankful for the experience.

Here are some gratitude journal prompts to get you started.



1. Appreciating me

1. What I like most about myself
2. How much I have grown over the last year
3. My favourite activities
4. A talent I'm grateful to possess
5. What makes me feel appreciated
6. What I appreciate about my body
7. My boundaries that I'm grateful for
8. What I can rely on myself to do
9. Things I'm an expert at
10. My favourite habits



2. Who I am

1. Things that bring me joy
2. What makes me feel confident
3. What gives me hope
4. What lights me up the most
5. What brings me peace of mind
6. What makes me feel free
7. What matters to me the most
8. What connects me to my spirit
9. Things that inspire me
10. Things that I'm passionate about



3. My past

1. A simple delight I've been enjoying
2. One good thing I take for granted
3. The best thing that happened this week
4. A time that I felt abundant
5. A time when I was really brave and what I appreciate about that moment
6. The best memory from my childhood
7. The best gift I have ever received
8. A time when I felt super relaxed
9. An achievement that made me very proud of myself
10. A time when life exceeded my expectations



4. My day

1. What I'm grateful for in this moment
2. Things that made me smile today
3. Something delicious I ate today
4. Something wonderful that's right in front of me
5. Things that make my life easier every single day
6. Ways technology has helped me out today
7. Things that have saved me time today
8. Something I appreciate about today's weather
9. Something positive that happened today
10. Something beautiful I saw today



5. My life

1. What I love about where I live
2. Reasons I'm glad to be alive
3. The cosiest part of my home and why I love it
4. My favourite food and why
5. My favourite item of clothing and what I love about it
6. Places I am most excited to travel to
7. The most useful thing in my house
8. Things I appreciate about the internet
9. What I love most about the work I do
10. Things in my life that are going really well



6. My relationships

1. People in my life I'm grateful for
2. Someone I need to thank and why
3. People who have supported me in difficult times
4. What I love most about my closest friends
5. Who I trust the most and why
6. My favourite part of being in a relationship
7. What I admire most about my partner / kids / friends
8. What I appreciate about my pets
9. When I feel most connected to others
10. My love language and what it means to me

Ways to begin gratitude

I'm glad that...
I'm grateful for / that...
I appreciate...
I'm pleased that...
I love that...
I'm enjoying...
I had fun...
I really enjoyed...
I'm delighted that...
I'm excited to...
I'm looking forward to...
I really like / liked...
I'm impressed that...
Today's [something] was...
Today is / was...
I love...
I feel like...
Going [somewhere] was...
Playing/eating/watching/doing [something] was...
It was nice to / that...
I had a [something] day
The best thing about...
I'm tickled that...
I am blessed to have...
I like the idea of...
Having [something] was...
Thank you for...
I'm proud of [someone] for...
I'm keen to...
Our [something] was...

About me



I'm Nicola (aka Nikki) and I've been exploring personal development and spirituality since I was a young child.

From astrology to meditation, intuition to connecting with nature, I've been finding my own way in this wild world for years, trying almost every new age modality along the way.

I also happen to be super practical, and not a huge fan of fluff or doing what I'm "supposed" to do, and apparently my biggest life lesson is all about learning to trust and follow my inner guidance. Pfft.

After realising I was repeating the same dysfunctional patterns of my parents, I embarked on a journey of self-healing and discovery, exploring conscious living and working with energy healers and therapists.

I found that certain body-based techniques, such as energy work, breathwork, and bodywork, were the key to releasing past wounds and becoming a more effective, compassionate, and present parent.

Now, I help other parents who are aware of their emotional baggage and past wounds to break free from generational patterns and create a brighter, love-filled future for their families.

Learn more about me here: https://wisdomstirring.com/about/

Copyright & disclaimer

© Copyright Nicola Hayley 2025. All Rights Reserved.
First published by Nicola Hayley in Australia in 2025.
This edition published in May 2025 by Nicola Hayley.

No part of this publication may be reproduced, stored in or introduced into a database or retrieval system or transmitted in any form or any means (electronic, mechanical, photocopying, recording or otherwise) without the prior written permission of the copyright owner.

This guide is for educational purposes only, and is designed to help you make informed decisions about your life. It is not intended to replace professional advice and should be used to supplement information from other sources.

The information in this guide should not be construed as a claim or representation that any practice or item mentioned promises any specific outcome in any aspect of life.

All efforts have been made to ensure the accuracy of the information contained in this guide at the time of publication, and this guide may be updated as new information becomes available. The author cannot be held responsible for any inadvertent errors or omissions.

If you choose to make use of the information contained in this guide, you assume full responsibility for any decisions, actions and outcomes that may result. Your results may be different from those experienced by others.