

# HOW TO USE YOUR GRATITUDE JOURNAL

Tips for keeping a gratitude journal:

- Schedule it into your day and you'll have an easier time making it part of your daily routine.
- Get the whole family involved!
- Try out a few different ways to practice until you find what works best for you and your family.
- Keep it simple – it doesn't need to be time consuming!
- Find a time of day that you're most likely to do it.
- Figure out if using paper & pencil or an electronic journal is better for you.

Here are some suggestions to get you started:

- **Make Lists** Each evening before bed, list 3 (or more) things from your day for which you're grateful, or create categories, like People or Places, and list as many things as you can.
- **Free Write** Set a timer for as long as you'd like (maybe 1-5 minutes) and just write down whatever comes to mind
- **Answer a Question** Choose a journaling prompt, or make up your own question.
- **Talk About It** Instead of writing out what you're grateful for, talk about it as a family (use prompts provided below).
- **Journal Together** Start a journal that each family member adds to. Ask each other questions, discuss the answers together.
- **Get Creative** Challenge each other to journal in creative ways – drawings, magazine cutouts, poems, etc.

Don't forget the most important part of practicing gratitude:  
always notice how it feels to be grateful!

## FAMILY GRATITUDE PROMPTS



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Tell about  
an animal  
that you are  
grateful for.

Name some  
places that  
you are  
grateful for.

Who are you  
grateful for  
in your  
community?

What  
technology  
are you most  
grateful for  
and why?

Name a  
person you  
haven't met  
that you are  
grateful for.

Tell about a  
kind thing  
that someone  
did for you  
today.

Name three  
things you  
own that  
you are  
grateful for.

What are  
you grateful  
for RIGHT  
NOW?

What is one  
of the best  
things that  
has ever  
happened to  
you?

What is your  
favorite  
place that  
you've  
traveled to  
and why?

What are  
some books,  
movies,  
and/or TV  
shows you're  
grateful for?

# FAMILY GRATITUDE JOURNAL PROMPTS

Which season  
are you most  
grateful for?  
Why?

What are some things  
about YOURSELF that  
you are grateful for?

Name some things  
you're grateful for  
in your town/city.

Tell about your  
favorite smell,  
taste, and sound.

Write a thank you  
letter to someone  
in your life.

What's a time that  
someone helped  
you that you are  
grateful for?

Look out the window.  
What do you see that  
you're grateful for?

What's something  
about your family that  
you're grateful for?

Name a food that  
you are grateful  
for and why.

What's something  
about TODAY that  
you are grateful for?

What friends are  
you grateful for  
and why?

