

Gratitude Journaling Prompts

1. Using **stream of consciousness writing** for 3-5 minutes, I let my pen & spirit guide me without worrying about forming complete thoughts or sentences:

“Today, I feel grateful (alive, peace, energized, hopeful, etc.) when ...”

or

“Today, I was surprised by an unexpected gift when ...”

2. I read what I wrote & **underline** any words or phrases that draw my attention.
3. Choosing a word, phrase, pattern, or two among what I underlined, I **recall the experience** & how it is a gift to me. I reflect on how it affects the way I relate to myself, to others, to God.