



Morning Gratitude Journal Prompts

- What am I grateful for in this present moment?
- What experiences do I look forward to today?
- What aspects of my health and well-being am I grateful for?
- What simple pleasures or joys can I appreciate today?
- Who has shown me kindness or support recently? How?
- What aspects of nature or the environment am I grateful for experiencing today?
- What moments of laughter or joy have I experienced?
- What opportunities for learning and personal development am I grateful for today?