

60 Gratitude Journal Prompts

A working set of prompts in five movements: daily practice, hard days, people, self, and gratitude as the felt state of the wish fulfilled. Free for personal use.

How to use this folio: answer one prompt, not twelve. Write three or four sentences and name specifics — a person, an hour, an object. General gratitude fades within a day; specific gratitude is recalled years later. Two ruled lines follow each prompt for a short written answer; use a separate notebook when a prompt opens something longer.

A note on honesty: gratitude practised as denial does not hold. On a difficult day, state the difficulty first and let the thanks sit beside it rather than on top of it. The fifth movement connects gratitude to assumption, which is the older idea that thanks is given for what is already settled rather than requested.

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Daily practice

Twelve prompts for an ordinary day. One is enough.

- 1.** Name one thing from today that you would miss immediately if it vanished tomorrow.

- 2.** What did your body let you do today without being asked?

- 3.** Which ordinary object earned its place in your day?

- 4.** What went right that you had already assumed would go wrong?

- 5.** Who made something easier for you today, even slightly?

- 6.** What sound, smell or taste from today do you want to remember?

- 7.** What did you eat or drink today, and where did it come from before it reached you?

- 8.** Which part of your home served you best today?

- 9.** What problem do you no longer have that you had a year ago?

10. What small skill did you use today without thinking about it?

11. What has been quietly reliable in your life for years?

12. Write one sentence beginning: Today I am glad that...

Hard days

For days when gratitude feels dishonest. Do not force cheerfulness.

13. What is difficult right now, stated plainly and without decoration?

14. What is still standing despite that difficulty?

15. Who would notice if you disappeared, and what does that tell you?

16. What did today cost you, and what did it not manage to take?

17. What has already passed that once felt this heavy?

18. Which small comfort is available to you within the next hour?

19. What is one thing you handled today that you did not think you could?

20. What would you tell a friend in your exact position to be grateful for?

21. What part of this situation is temporary?

22. What have you learned that you would not have learned an easier way?

23. What help exists that you have not yet asked for?

24. Finish honestly: It is hard, and I am still grateful for...

People and relationships

Specific beats general. Name the person and the act.

25. Who taught you something you still use? What was it?

26. Whose patience have you relied on without acknowledging it?

27. Which relationship has changed for the better, and what changed it?

28. Who believed in you before there was any evidence?

29. What did somebody say to you once that you have never forgotten?

30. Who do you take for granted because they are always there?

31. Which friendship survived something that could have ended it?

32. Who has forgiven you?

33. Whose work makes your daily life possible and you have never met them?

34. What have you given someone that they still have?

35. Who would you thank if there were no awkwardness in thanking them?

36. Write a short thank-you you will never send. Then consider sending it.

Self and character

Gratitude turned inward without turning into a performance.

37. What decision from your past are you glad you made?

38. Which of your qualities got you through the last difficult year?

39. What have you survived that you rarely give yourself credit for?

40. What can you do now that you once could not do at all?

41. Which of your habits is genuinely serving you?

42. What do you like about how you treat other people?

43. What did you refuse, and what did the refusal protect?

44. Which mistake taught you the most?

45. What part of your body have you criticised that has never let you down?

46. What are you better at than you allow yourself to say out loud?

47. What would the version of you from five years ago be relieved to know?

48. Finish: I am grateful to myself for...

Gratitude as the fulfilled state

Where gratitude joins the practice of assumption. Write in the present tense, as one who already has it.

- 49.** What are you grateful for in the life you are assuming, written as though it is already yours?

- 50.** Who thanks you in the completed scene, and for what?

- 51.** What ordinary Tuesday detail proves the desire is already fulfilled?

- 52.** What do you no longer worry about in that life? Give thanks for its absence.

- 53.** What does the room look like the morning after the news arrived?

- 54.** Write the thank-you message you would send when it is settled.

- 55.** What relief do you feel, and where in the body do you feel it?

- 56.** What has become so normal that you barely notice it any more?

57. Which past difficulty do you now describe as the thing that made this possible?

58. What would you tell someone still waiting, from the far side of the wait?

59. Give thanks for the evidence that has already appeared, however small.

60. Close with one sentence of thanks written in the perfect tense, as a settled fact.

A worked entry

Prompt: Who made something easier for you today, even slightly?

Weak answer: I am grateful for my friends.

Stronger answer: Ellie called at 7pm when she had no reason to, and stayed on the line while I finished the washing up and complained about the week. I did not have to explain the background. Nobody solved anything. I slept better for it.

The second answer names a person, a time, an act and an effect. It can be re-read in a year and still produce the feeling. That re-readability is the point of keeping the record at all.

Sources and boundary

The gratitude practice described here is a writing discipline, not a medical intervention, and nothing in this folio should replace professional care. The connection between thanks and the assumed state draws on Neville Goddard's teaching that feeling precedes evidence, and on Florence Scovel Shinn's emphasis on the spoken and written word. Both authors' works are freely readable at archive.org. The prompts themselves are original to Reality Manuscript.

Continue

- realitymanuscript.com/library/gratitude-journal-prompts — this folio online
- realitymanuscript.com/article/manifestation-journal-prompts — prompts for the assumed state
- realitymanuscript.com/library/shadow-work-journal-prompts — the counterpart inward practice
- realitymanuscript.com/manifestation-journal — the ring-bound Manifestation Journal