

# 200 Gratitude Prompts



1. What made you smile today?
2. What is something peaceful in your life right now?
3. Who is someone you feel lucky to know?
4. What experience recently brought you joy?
5. What is a simple pleasure you enjoy?
6. What is something beautiful you noticed this week?
7. What is a challenge you're grateful you overcame?
8. What is a favorite memory that warms your heart?
9. Who has shown you kindness recently?
10. What is something in nature you appreciate?
11. What is a moment when you felt cared for?
12. What is a sound that soothes you?
13. What is a scent that brings comfort?
14. What is a place that makes you feel at ease?
15. What is a lesson you learned the hard way?
16. What is a moment of unexpected beauty?

17. What is a small act of kindness you witnessed?
18. What is a quality you appreciate in yourself?
19. What is a recent moment of clarity?
20. What is a comforting item you own?
21. What is a time when timing worked out perfectly?
22. What is a risk you're grateful you took?
23. What is a moment that restored your hope?
24. What is a conversation that stayed with you?
25. What is a song lyric that resonates with you?
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27. What is a moment when you felt strong?
28. What is a memory that shaped who you are?
29. What is a new perspective you gained?
30. What is a part of your daily routine you enjoy?
31. What is a habit that benefits your well-being?
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