



Gratitude & Reflection Journaling Prompts

What are 3 things that you are grateful for?

Look around and find one thing that sparks joy or curiosity in you - jot down a couple notes about it.

What is an accomplishment that you are proud of from this past week?

What is an important value of yours and why?

Describe a place that is calming to you.

What is a quote that gives you strength and why?

What is one thing you can do for self-care today?

Describe a time/activity in which you felt engaged or in flow.

What is a positive affirmation you can remind yourself of today?

*What comes to mind when you think of the word "mindfulness"?
If you have tried a mindfulness exercise or meditation practice, write about this experience.*

Who inspires you and why?

What is one kind thing you can do for someone else today?