

# 30 JOURNAL PROMPTS FOR PRODUCING A GRATEFUL HEART

- DAY 1: What am I most grateful for this past year & why?
- DAY 2: What has something really good happen in the recent months that I did not expect at all? Could this be a blessing in disguise? If so, how?
- DAY 3: There are plenty of things to be grateful for. What are some things I've realize I used to take for granted but have grown to appreciate more? How has this made me a better person or how has it improved my life?
- DAY 4: What is the meaning of life to me? What is the meaning of love to me?
- DAY 5: If my home ever caught on fire, what are the top 3 things I would hope to be able to save if I had a chance & why?
- DAY 6: What are the top 3 qualities about me that I really love & why?
- DAY 7: Who is the most important person in my life & why?
- DAY 8: If I ever won 200 million dollars, how would I show my gratitude? Who would I give to & how much, what causes would I give to/where would I give to/what would I give besides money?
- DAY 9: God gives so much & provides me w/ enough. What things do I have today that I don't deserve?
- DAY 10: What was the biggest obstacle in my life that has helped build my character & made me a stronger person? What happened & how has it changed me?
- DAY 11: When I practice gratitude, I have more peace & joy in my heart. What are some of the simplest things in life that I am grateful for this past week?
- DAY 12: The last time I've ever felt so good, who was w/ me & what did I do? What made me smile/laugh/feel & think positively/optimistically? How grateful does this make me feel?
- DAY 13: If there's anything that I know I should be more grateful for, what are they & why? What's something that I've never given thought to thank God for? In what ways is/can/will this be valuable to me or anyone?
- DAY 14: Nothing makes me more happier than.....  
How do they give me joy?
- DAY 15: Praising the LORD often leads to gratitude. Who is God to me, what has He done for me, & in what ways have I shown Him gratitude today?

- DAY 16: I've been given, talents/skills/abilities & qualities that make me unique. What are they & what makes me stand out & special? What am I good at that people appreciate me for?
- DAY 17: What top 2 or 3 relationships am I most grateful for? Why are they important to me?
- DAY 18: Every year gets better & better the more aware I am of my blessings. How can I think more positively approaching the new year? How can I remind myself to be more grateful?
- DAY 19: Is there anything this past week or two that has made me more aware of God's Grace? How/what/why?
- DAY 20: When I praise the LORD, confess my sins, & give thanks, I'm more likely to hear His voice/be convicted. If I have any specific prayer requests & desires, how am I praising Him, thanking Him, & confessing my sins when it comes to the particular subject?
- DAY 21: Who have I had to forgive w/i the past month? In what ways can I be grateful for this person?
- DAY 22: What am I thankful for right this second? Who else should be thankful for this & why?
- DAY 23: Did anything good happen today or this week? What happened? Did God answer any of my prayers or bless me along the way?
- DAY 24: Everything happens for a reason. If I (began) to really take my time thanking the LORD for my trials/challenges every time I prayed, why would He even care?
- DAY 25: It's in God's will that I give thanks. Why should I be grateful for His will?
- DAY 26: Practicing gratitude makes me more passionate about life. In what creative ways can I show this gratitude? What words or phrases should I use more often or what gestures & behavior could I initiate more? Who could really benefit from my kindness?
- DAY 27: Gratitude gives way to generosity. When I am grateful & humble w/ what I have, it's more meaningful to give w/o expectancy. How will I bless someone this week?
- DAY 28: I love receiving things from loved ones or acquaintances. What have I received this past month even if it wasn't tangible?
- DAY 29: I'm only able to count more blessings when I have made a practice of asking God to reveal all the good that I have. What has He given me in abundance?
- DAY 30: Tomorrow is a blessing & it's going to be good because it comes from God. What am I looking forward to w/ a grateful heart?

## **Here's a few more questions. :P**

Do you think these questions would help you understand yourself better?

Do you think they could benefit you & your relationships?

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