

Gratitude Journal *Prompts*

Fifteen questions that go deeper than "family, health, coffee." Pick one set of three, answer in detail, and you have a real entry in five minutes.



1 PICK ONE SET OF THREE

2 GO SPECIFIC, NOT GENERAL

3 THREE DAYS A WEEK IS PLENTY

★ **Tiny Things** TRAINS YOUR EYE FOR DETAIL

- 1 What texture did your hands meet today that you would know blindfolded?
- 2 What sound from today would you bottle if you could? Play it back once.
- 3 Pick one ten-second moment from today worth keeping. Describe it like a film still.

★ **People** GRATITUDE WITH A FACE ON IT

- 4 Who recently did something for you they did not have to do? What did it cost them?
- 5 Who would you call at 3am, and what exactly makes them the one you would dial?
- 6 Who shaped a habit you like in yourself? Whose voice do you hear when you do it?

★ **The Ordinary Rescue** FOR THE INVISIBLE GOOD STUFF

- 7 What went right today that usually goes completely unnoticed?
- 8 What in your life works so reliably that you forgot it could fail?
- 9 What did past-you set up that today-you used without a second thought?

★ **Hard-Won** GRATITUDE WITH SCAR TISSUE

- 10 What difficult stretch of your life taught you a skill you genuinely use now?
- 11 What "no" - yours or someone else's - turned out to be a gift?
- 12 What can you do now that you could not a year ago? How did it sneak up on you?

★ **Right Now** NO MEMORY REQUIRED

- 13 If this room emptied overnight, which thing would you miss first? Why that one?
- 14 What is your body quietly doing for you this exact second, without being asked?
- 15 What smell or taste passed through today that deserved more attention than it got?

★ **Keep It Working** TWO RULES THAT STOP THE FADE



THE SPECIFICITY RULE

"Coffee" does not work twice. "The first sip while the house was still quiet" does. Your brain skims generic entries; detail makes it re-feel the moment instead of just filing it.

THREE TIMES A WEEK BEATS DAILY

Studies keep finding that spaced entries hold their lift while daily lists go stale. **Freshness beats streaks** - skip days without guilt.