

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.