



GRATITUDE JOURNAL PROMPTS

30 Days to a Grateful Brain. Proven to Work.

Gratitude practice changes the brain in 21 days. Happiness isn't found — it's trained.

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WEEKS 1-2: NOTICING

- ◆ Day 1: What is working in your life right now that you take for granted?
- ◆ Day 3: Who has helped you this week, even in a small way?
- ◆ Day 5: What part of your body are you grateful for today?
- ◆ Day 7: What challenge taught you something valuable?
- ◆ Day 9: What moment today surprised you in a good way?

2

WEEKS 3-4: DEEPENING

- ◆ Day 15: What relationship adds the most to your life and why?
- ◆ Day 17: Write a thank-you letter to your past self from 5 years ago
- ◆ Day 20: What ability do you have that others might envy?
- ◆ Day 23: What simple pleasure brought you joy this week?
- ◆ Day 28: How has a hardship made you stronger or more compassionate?

3

THE GRATITUDE SCIENCE

- ◆ Gratitude increases dopamine and serotonin — natural mood boosters
- ◆ People who journal gratitude sleep 30 minutes more per night
- ◆ Gratitude practice reduces envy and social comparison
- ◆ 3 good things per day for 3 weeks: measurable reduction in negative emotions
- ◆ Grateful people are 25% more productive and report higher happiness levels

PRO TIP: Be SPECIFIC not generic. 'I'm grateful for coffee' is weak. 'I'm grateful that this morning I had 20 quiet minutes with coffee before the day started' is powerful.