

The background of the cover is a light pink color. On the left side, there are several overlapping, semi-transparent purple shapes of various sizes. In the top left corner, there are several concentric, light gray, rounded rectangular lines. In the bottom right corner, there are several concentric, light gray, rounded rectangular lines. A thin gray border frames the entire page.

GRATITUDE *Journal* PROMPTS

Swift Digital Stationery

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Welcome

Discover Joy & Clarity in Everyday Moments

I'm so glad you're here.

If you've ever felt stuck or unsure about how to start a gratitude journal – or if you've tried and found it a bit dull or repetitive – this printable is for you.

Gratitude journaling doesn't have to be a list of the usual suspects.

It can be a creative, playful, and deeply personal practice that helps you slow down, notice the little things, and find calm and clarity in your day.

Inside, you'll find prompts designed to spark your curiosity, engage your senses, and invite you to explore gratitude in fresh and meaningful ways.

No pressure, no rules – just gentle guidance to help you connect with what truly matters to you.

With gratitude,

Cherie

Everything you need for a well-organised life
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How To Guide

How To Use Your Gratitude Journal Prompts

1. Take a moment to breathe.

Before you begin, pause and give yourself permission to slow down. This is your time – a few minutes just for you.

2. Choose a prompt that speaks to you

You can start at the top or jump around. Pick whatever feels right for you today.

3. Write or create freely.

Use the space provided to jot down your thoughts, feelings, memories, or even doodles. There's no right or wrong way to do this.

4. Engage your senses and emotions.

Try to really feel the gratitude as you write. Notice what comes up – it might surprise you.

5. Return whenever you need.

Keep this printable handy and revisit it whenever you want a gentle reset or a boost of joy.

GRATITUDE JOURNAL PROMPT

Date: _____

What is one small thing you noticed today that made you smile?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

"Acknowledging the good that you already have in your life is the foundation for all abundance." – Unknown

GRATITUDE JOURNAL PROMPT

Date: _____

Describe a sound, smell, or sight that you're grateful for right now.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

I give myself the care and attention that I deserve.

GRATITUDE JOURNAL PROMPT

Date: _____

Write a thank-you note to your past self for something you overcame.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Try this: When writing your gratitude, elaborate on why you're grateful. This helps deepen the feeling and makes your journal more meaningful.

GRATITUDE JOURNAL PROMPT

Date: _____

What's a simple pleasure you often overlook but appreciate deeply?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

"There is a calmness to a life lived in gratitude, a quiet joy."
– Ralph Blum

GRATITUDE JOURNAL PROMPT

Date: _____

Recall a kind gesture someone showed you recently. How did it make you feel?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

With every breath I take, I am bringing greater and greater clarity into my life

GRATITUDE JOURNAL PROMPT

Date: _____

What is something in your home that brings you comfort or joy?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Remember: You don't have to write a long list. Sometimes focusing on one specific, small thing and really feeling grateful for it is more powerful.

GRATITUDE JOURNAL PROMPT

Date: _____

Write about a challenge that taught you an important lesson.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

"When I started counting my blessings, my whole life turned around."
- Willie Nelson

GRATITUDE JOURNAL PROMPT

Date: _____

What's a favorite place that fills you with peace or happiness?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Today I will look for the beauty and the gifts in these moments of struggle. I will be grateful for each and every one of them.

GRATITUDE JOURNAL PROMPT

Date: _____

Name a person who inspires gratitude in you and why.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Try this: Mix up your journaling style—write, doodle, or even record a voice note. Variety keeps your gratitude practice fresh and fun.

GRATITUDE JOURNAL PROMPT

Date: _____

What is one thing you're looking forward to and feel grateful for already?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

"Gratitude is the ability to experience life as a gift. It liberates us from the prison of self-preoccupation." – John Ortberg

GRATITUDE JOURNAL PROMPT

Date: _____

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

I am open to noticing and appreciating the small joys in my everyday life.

NOTES / REFLECTIONS

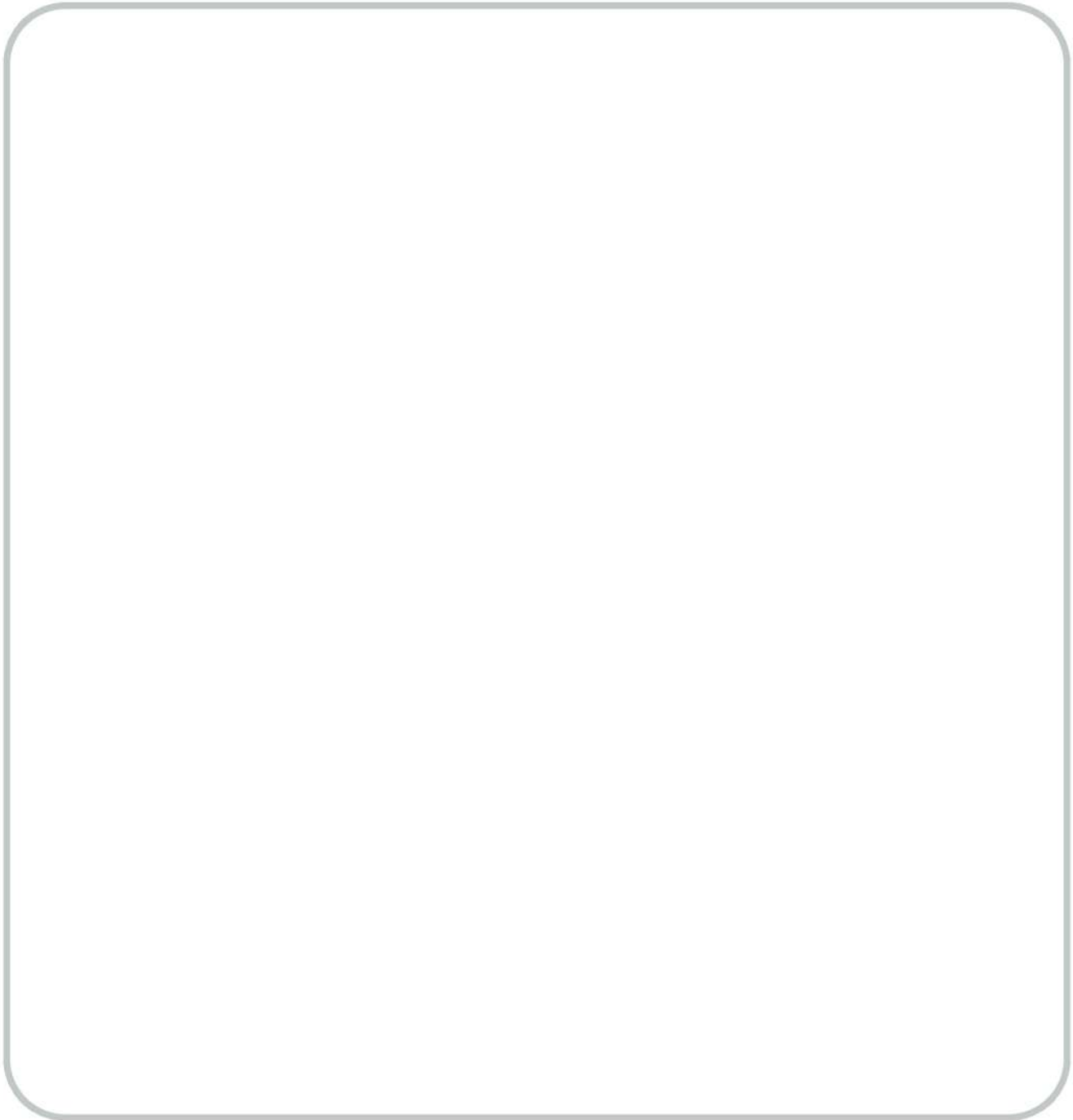
Date: _____

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Gentle reminder: If you're having a tough day, it's okay. Simply noticing one thing—even if it's tiny—that brings you comfort is enough.

DOODLING PAGE

Date: _____



"Gratitude turns what we have into enough." – Anonymous

Bonus Section

List of Gratitude Journal Prompts

This is for those that like to use a specific book or journal to write in daily and these prompts are available in a list here to make that process easier.

What is one small thing you noticed today that made you smile?

Describe a sound, smell, or sight that you're grateful for right now.

Write a thank-you note to your past self for something you overcame.

What's a simple pleasure you often overlook but appreciate deeply?

Recall a kind gesture someone showed you recently. How did it make you feel?

What is something in your home that brings you comfort or joy?

Write about a challenge that taught you an important lesson.

What's a favorite place that fills you with peace or happiness?

Name a person who inspires gratitude in you and why.

What is one thing you're looking forward to and feel grateful for already?

BONUS REFLECTION

Date: _____

Take a moment to look back over your notes.

What patterns or surprises did you notice?

How did writing these prompts make you feel?

This image shows a full page of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.

Set a gentle intention for the days ahead – maybe it's to notice one small joy each day, or to share your gratitude with someone you love.

Thanks

Discover Joy & Clarity in Everyday Moments

Thank you for choosing to nurture your well-being with this gratitude practice.

Remember, even the smallest moments of appreciation can bring big shifts in clarity and calm.

I hope this printable helps you find a little more joy and peace in your everyday life.

With heartfelt gratitude,

Cherie

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