



Gratitude SCAVENGER Hunt

Swift Digital Stationery

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Welcome

Find Clarity & Calm in Everyday Moments

I'm so glad you're here.

If you're feeling overwhelmed by life's demands or your mind feels cluttered, you're not alone.

Many women find themselves juggling endless responsibilities, often putting their own well-being last.

That's why I created this Gratitude Scavenger Hunt—because I believe that small, mindful moments of gratitude can help clear mental clutter and bring you back to a place of calm and clarity.

This printable is more than just a worksheet—it's an invitation to slow down, reconnect with yourself, and discover joy in the everyday.

Whether you're brand new to gratitude or looking for a fresh approach, these prompts are designed to gently guide you toward greater awareness, appreciation, and peace.

With gratitude,

Cherie

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How To Guide

How to Use Your Gratitude Scavenger Hunt

1. Set Your Intention:

Before you begin, take a deep breath and give yourself permission to pause. This is your time—a few minutes just for you.

2. Choose Your Pace:

You can use one prompt a day, a few each week, or simply pick whichever resonates with you in the moment. There's no right or wrong way—let your needs and energy guide you.

3. Observe & Reflect:

Read each prompt and take a moment to notice what comes up for you. Look around, listen, or recall a memory. Let yourself be present with whatever you discover.

4. Write It Down:

Use the space provided under each prompt to jot down your thoughts, feelings, or observations. Don't worry about perfect sentences—this is for your eyes only.

5. Revisit & Repeat:

Return to this scavenger hunt whenever your mind feels busy or you need a gentle reset. Over time, you may notice it becomes easier to spot the good—even on challenging days.

Tip:

If you want to deepen your experience, try sharing one of your discoveries with a friend, family member, or in our online community. Gratitude grows when we share it!

SCAVENGER HUNT PROMPTS

Date: _____

Find one item in your home that always makes you smile.
What is it and why?

Notice a sound around you that soothes or comforts you.
Describe it.

Recall a recent challenge. What is one positive lesson or gift
it gave you?

Pause and notice one thing right now that makes your life easier.

SCAVENGER HUNT PROMPTS

Date: _____

Spot a color in your environment that lifts your mood.
Where do you see it?

Think of a person who made your life easier or happier recently. What did they do?

Find a place in your home or outside where you feel calm.
Describe what you notice there.

Take a deep breath and appreciate this moment, just as it is.

SCAVENGER HUNT PROMPTS

Date: _____

Identify a small act of kindness you witnessed or experienced this week.

Find something in nature (a flower, leaf, cloud, etc.) that catches your eye. What do you appreciate about it?

Recall a favorite memory that brings you peace or joy. What makes it special?

Recall a recent smile—who or what brought it to your face?

SCAVENGER HUNT PROMPTS

Date: _____

Write down three simple things you're grateful for right now,
no matter how small.

Notice an everyday task or chore you often do on
“autopilot.” What about it can you appreciate today?

Find a book, song, or piece of art that has inspired you. How
has it added to your life?

Name one thing about yourself that you're grateful for today.

SCAVENGER HUNT PROMPTS

Date: _____







Notice something beautiful or interesting in your surroundings.

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.

Remind yourself: you are worthy of calm, clarity, and joy.

Bonus Section

Gratitude Reflection & Intention

This bonus section encourages you to pause, reflect on your scavenger hunt experience, and set a positive intention for the future.

Take a moment to look back over your scavenger hunt notes.

What patterns or surprises did you notice?

Did anything shift in your mood or perspective as you completed these prompts?

Reflection:

What did you learn about yourself or your life through this gratitude journey?

Bonus Section

Gratitude Reflection & Intention

Based on your experience, set a gentle intention for the days ahead.
For example:

- “I will pause each day to notice one small thing I’m grateful for.”
- “I will share my gratitude with someone I care about.”
- “I will give myself permission to slow down and appreciate the present moment.”

Intention:

Remember, gratitude is a practice, not a destination.

Return to these prompts whenever you need a mental reset or a boost of clarity and calm.

Thanks

Find Clarity & Calm in Everyday Moments

Thank you for choosing to nurture your mind and spirit with this Gratitude Scavenger Hunt.

I hope these prompts help you find a little more clarity, calm, and joy in your days.

Remember, even the smallest moments of gratitude can make a big difference.

In your corner,

Cherie

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