

A collection of office supplies including a gold wire basket, a clipboard with a lined notepad, a roll of tape, and paper clips.

21 GRATITUDE PROMPTS

FRESHEN UP YOUR DAILY
PRACTICE

MICHELLEREEVESWRITES.COM



HOME, FAMILY, RELATIONSHIPS

Is there a room in your home that you particularly love
or a keepsake that has special memories for you?

* * *

Is there a moment with your kids or other family
members in the last week that was very special, or
made you smile?

* * *

Does your partner do something to help you that you
maybe overlook sometimes?

* * *

Is there a moment recently that you and your partner or
a friend shared that made you both laugh?

* * *

What first attracted you to your partner that you can still
see in them today?

* * *

Is there a special friend that's there for you, on the end
of the phone/social media ready for a chat or when you
want to rant?



WORK, BUSINESS

Is there someone at work that's always ready to lend a hand if you need it?

What makes you feel good at work... doughnuts on Friday, free coffee/tea, great smelling soap in the bathroom?

Was there a moment in your day at work this week where you nailed something you've been working on?

Did you see something on the way to work that made you smile?

Did you read or listen to something on your commute yesterday that lifted your mood or made you think?

Have you challenged yourself in your business this week and stepped out of your comfort zone?

Did someone say something nice about your team, work, or attitude?

Is there a special event coming up at work that you're looking forward to?



THE WORLD AROUND US

What do you see when you look out of your window?
Name one thing that is beautiful or reminds you that
nature is amazing.

Is the sun shining? Is the rain creating a rainbow? (Even in
a storm we can be grateful to be indoors!)

Can you hear a bird singing if you close your eyes?

Can you hear your heating rumbling away, keeping you
warm?

Is there something in your fridge that you're looking
forward to eating?

How many things can you see around you that are your
favourite colour?

Have you read a book or seen a film recently that made
you smile or think?

What holiday are you looking forward to the most? Why?

What favourite item of clothing makes you feel great
when you wear it?



JOURNAL

Use the prompts in the previous pages to freshen up your gratitude practice and the space below to record 3 things you're grateful for every day. Feel free to print off this page as many times as you like to build your own gratitude journal over time.

Date:

1

2

3



THANK YOU

For downloading this resource and making a commitment to stepping out of your comfort zone and into your growth zone, developing clarity, courage, competence and consistency along the way.

YOU FREAKIN ROCK! Want to continue the conversation? Get in touch using the details below.

Michelle Reeves

www.michellereeveswrites.com

[instagram.com/michellereeveswrites](https://www.instagram.com/michellereeveswrites)