



14 Days of Gratitude

Journal Prompts

1. A person you're grateful for
 2. Something I can see
 3. Something I only do during the holidays
 4. A gift I've been given
 5. Something about my health or body
 6. Something I've done to help others
 7. A possession
 8. A happy memory
 9. Something that keeps me safe
 10. A talent
 11. A hobby
 12. A favorite food
 13. Something in nature
 14. Something that makes my life easier
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