

# Gratitude Journaling Prompts

1. What's your definition of gratitude?

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2. How easy is it for you to express your gratitude? Why you think that is?

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3. Do you or have you ever kept a gratitude journal?

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4. Do you think that expressing gratitude affected your emotional health? If so, how?

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5. Do you think that expressing gratitude affected your stress levels? If so, how?

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6. List any other benefits that you noticed as a result of expressing gratitude.

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7. When you experience or witness someone being ungrateful, how does that make you feel? Write down some examples.

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8. What are you most grateful for at this very moment?

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