



## *Evening Gratitude Journal Prompts*

- What moments of joy did I experience today?
- What small acts of kindness did I witness or receive today?
- What challenges did I encounter today? How can they be framed as an opportunity for learning and growth?
- What acts of self-care did I initiate today?
- What moments of beauty or inspiration did I encounter?
- What am I grateful for in my relationships with others today?
- What aspects of nature or the world did I experience?
- What accomplishments big or small am I grateful for today?