

SUNNY DAYS AND SILVER LININGS

Prompts for your gratefulness journal



LIVE A LIFE OF HOPE, JOY, AND COURAGE



Looking at the past; think about –

1. A pleasant childhood memory
2. A happy family memory
3. A special school memory
4. An exciting sports memory
5. A great vacation
6. A fun time with your siblings
7. A special time with your parents
8. A meaningful time with your grandparents
9. Somewhere you have enjoyed
10. Someone you have met
11. An accomplishment you are proud of

Looking at today; think about – did you:

1. Receive a compliment
2. Receives encouragement
3. Anyone support you
4. Have any new opportunities
5. Make a new friend
6. Connect with an old friend
7. Have a special family time
8. Have fun with good friends
9. Get some good news
10. Finish a project
11. Enjoy nature
12. Eat a great meal

Name:

13. Something new you learned
14. How you helped someone
15. Something beautiful you saw

16. Something you treasure in your home
17. A part of your body you are grateful for
18. Positive about the season of life you are in
19. Something you are good at
20. Favorite part of this season (fall, winter, spring, summer)
21. Talent or gift you have
22. Biggest blessing in your life
23. Something about yourself
24. A freedom you have
25. Something that made you smile
26. Something that made you laugh
27. Something that you are good at
28. Simple pleasure

Looking into the future – do you have something coming up?

1. A graduation
2. Family vacation
3. Birthdays
4. Thanksgiving
5. Christmas
6. Classes/courses
7. Retirement

Take a moment to look at a situation you are in that seems negative or difficult, try to look at it from a different perspective. Can you find a “positive” in the “negative” situation?

Need more ideas or something quick

- just write one word for the day
- Pick a topic for the week – people, situations, food, nature