

30 Days of Gratitude Journal Prompts

You've got a clear plan on [how to start a gratitude journal](#), but now you have no clue what to write... sound familiar?

But why does this happen? Well, because practicing gratitude for the first time is hard and thinking positively doesn't come easy to all of us. It's a practice.

Thankfully, with these gratitude journal prompts, you can make gratitude journaling that little bit easier!



I've written the gratitude journal prompts in this post in a way that will allow you to practice 30 days of gratitude i.e. a single prompt for each day.

That way you can start to build the habit of gratitude over a period of time, and before you know it practicing gratitude will come much more naturally to you.

In other words, using one of these prompts each day is a sure fire way to [rewire your brain to be happy](#) and more grateful!

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