THE GRATITUDE REFLECTION JOURNAL

28 Days of Guided Prompts for Gratitude,
Self-Care & Inner Growth

WORKBOOK

A daily practice of appreciation, awareness and connection

WELCOME

A little time to reflect

This four-week journal invites you to notice what supports you, care for your needs and turn appreciation into kindness towards others. Gratitude does not require you to deny pain or excuse harmful behaviour. You can acknowledge what is difficult and still notice a small source of comfort.

How to use this journal

Choose five to ten minutes in the evening. Answer one or more prompts honestly; a single sentence is enough. At the end of each week, spend ten to fifteen minutes reviewing your experiences. Skip any question that feels overwhelming and return when ready.

This is a reflective resource, not a substitute for medical or mental health care. If writing increases distress, stop and seek support from someone you trust or a qualified professional.

My intention for these four weeks:

A time and place that will support my practice:

WEEK 1 / DAY 01

Small comforts

Date: _____

Evening gratitude • What ordinary comfort helped you today?

Self-care • What does your body need this evening?

Inner growth & connection • How could you share a small kindness tomorrow?

WEEK 1 / DAY 02

A moment of peace

Date: _____

Evening gratitude • When did you feel a little calmer?

Self-care • What helped you slow down?

Inner growth & connection • How could you make space for someone else to rest?

WEEK 1 / DAY 03

Everyday support

Date: _____

Evening gratitude • Which everyday convenience made life easier?

Self-care • What task can you set aside tonight?

Inner growth & connection • Who helps make that convenience possible?

WEEK 1 / DAY 04

A kind gesture

Date: _____

Evening gratitude • What kindness did you receive?

Self-care • How did you respond to it?

Inner growth & connection • How might you express your thanks?

WEEK 1 / DAY 05

Senses

Date: _____

Evening gratitude • What sound, sight or taste brought comfort?

Self-care • What sensory detail can you notice now?

Inner growth & connection • How can you bring comfort to another person?

WEEK 1 / DAY 06

A small step

Date: _____

Evening gratitude • What constructive step did you take?

Self-care • What expectation can you soften?

Inner growth & connection • What did someone else contribute to your progress?

WEEK 1 / DAY 07

Rest

Date: _____

Evening gratitude • What are you glad to have completed?

Self-care • What can wait until tomorrow?

Inner growth & connection • What would a considerate tomorrow look like?

WEEK 1 / REFLECTION

Noticing what supports us

Review the week gently. Short answers are enough.

Resilience: What challenge did you face, and what strength or boundary helped you?

Connection: Who offered support, or what relationship boundary mattered?

Sensory comfort: Name three physical details that brought ease.

Release: What concern or expectation can you set aside for now?

Next week: What one act of care and one act of kindness will you practise?

WEEK 2 / DAY 08

Boundaries

Date: _____

Evening gratitude • What boundary supported your wellbeing?

Self-care • What need did it protect?

Inner growth & connection • How can you respect another person’s boundary?

WEEK 2 / DAY 09

Strength in difficulty

Date: _____

Evening gratitude • What helped you through a difficult moment?

Self-care • What support would be useful now?

Inner growth & connection • How could your experience help you understand others?

WEEK 2 / DAY 10

Body appreciation

Date: _____

Evening gratitude • What has your body enabled you to do?

Self-care • What gentle care can you offer it?

Inner growth & connection • How can you respect the needs of others?

WEEK 2 / DAY 11

Learning from mistakes

Date: _____

Evening gratitude • What lesson are you grateful to have learned?

Self-care • What would a fair response to your mistake be?

Inner growth & connection • Is there a repair or apology you can offer?

WEEK 2 / DAY 12

Rest and nourishment

Date: _____

Evening gratitude • What meal or rest supported you?

Self-care • What practical care do you need tomorrow?

Inner growth & connection • Who contributed to your nourishment?

WEEK 2 / DAY 13

Comparison

Date: _____

Evening gratitude • What is meaningful in your own journey?

Self-care • What comparison can you put aside?

Inner growth & connection • How can you celebrate another person’s success?

WEEK 2 / DAY 14

Skills and creativity

Date: _____

Evening gratitude • What skill or creative activity served you?

Self-care • What would you enjoy practising without pressure?

Inner growth & connection • How could you use that skill to help someone?

WEEK 2 / REFLECTION

Caring without judgement

Review the week gently. Short answers are enough.

Resilience: What challenge did you face, and what strength or boundary helped you?

Connection: Who offered support, or what relationship boundary mattered?

Sensory comfort: Name three physical details that brought ease.

Release: What concern or expectation can you set aside for now?

Next week: What one act of care and one act of kindness will you practise?

WEEK 3 / DAY 15

Listening

Date: _____

Evening gratitude • Who listened to you today?

Self-care • What did you need to be heard?

Inner growth & connection • How can you listen more fully tomorrow?

WEEK 3 / DAY 16

Patience

Date: _____

Evening gratitude • What moment invited patience?

Self-care • What helped you manage your reaction?

Inner growth & connection • How could you respond more gently next time?

WEEK 3 / DAY 17

Perspective

Date: _____

Evening gratitude • What did another person help you see?

Self-care • What assumption could you reconsider?

Inner growth & connection • What question might help you understand them?

WEEK 3 / DAY 18

Receiving help

Date: _____

Evening gratitude • What support did you receive?

Self-care • What help could you ask for?

Inner growth & connection • How can you offer support without overextending?

WEEK 3 / DAY 19

Difficult feelings

Date: _____

Evening gratitude • What remained supportive during a hard moment?

Self-care • What feeling needs acknowledgement?

Inner growth & connection • What response would be kind and honest?

WEEK 3 / DAY 20

Generosity

Date: _____

Evening gratitude • What act of generosity did you notice?

Self-care • What resources or energy do you have to share?

Inner growth & connection • What small act of giving is realistic?

WEEK 3 / DAY 21

Belonging

Date: _____

Evening gratitude • Where did you feel connected?

Self-care • What connection do you need more of?

Inner growth & connection • Who might appreciate an invitation or message?

WEEK 3 / REFLECTION

Growing through connection

Review the week gently. Short answers are enough.

Resilience: What challenge did you face, and what strength or boundary helped you?

Connection: Who offered support, or what relationship boundary mattered?

Sensory comfort: Name three physical details that brought ease.

Release: What concern or expectation can you set aside for now?

Next week: What one act of care and one act of kindness will you practise?

WEEK 4 / DAY 22

Values

Date: _____

Evening gratitude • What mattered most today?

Self-care • Which choice reflected your values?

Inner growth & connection • How can those values benefit others?

WEEK 4 / DAY 23

Hope

Date: _____

Evening gratitude • What gave you a little hope?

Self-care • What is one manageable next step?

Inner growth & connection • How can you encourage someone else?

WEEK 4 / DAY 24

Letting go

Date: _____

Evening gratitude • What is still good despite an unresolved concern?

Self-care • What can you release for tonight?

Inner growth & connection • What can you do rather than trying to control others?

WEEK 4 / DAY 25

Appreciating differences

Date: _____

Evening gratitude • What difference in another person enriched your day?

Self-care • What discomfort can you acknowledge without judgement?

Inner growth & connection • How can you show respect for a different viewpoint?

WEEK 4 / DAY 26

Quiet contribution

Date: _____

Evening gratitude • What unnoticed contribution helped you?

Self-care • What quiet effort of your own deserves recognition?

Inner growth & connection • Who could you thank specifically?

WEEK 4 / DAY 27

Intentional action

Date: _____

Evening gratitude • What gratitude practice has helped you?

Self-care • What makes it sustainable?

Inner growth & connection • How can you turn appreciation into action?

WEEK 4 / DAY 28

Continuing

Date: _____

Evening gratitude • What has changed in what you notice?

Self-care • What care will you continue?

Inner growth & connection • What commitment to connection will you carry forward?

WEEK 4 / REFLECTION

Making gratitude a way of life

Review the week gently. Short answers are enough.

Resilience: What challenge did you face, and what strength or boundary helped you?

Connection: Who offered support, or what relationship boundary mattered?

Sensory comfort: Name three physical details that brought ease.

Release: What concern or expectation can you set aside for now?

Next week: What one act of care and one act of kindness will you practise?

BONUS PROMPTS

Evening gratitude

Choose any prompt and write a short response in your journal.

01. What ordinary object made your day easier?

02. What sound helped you feel present?

03. What meal or drink did you appreciate?

04. What moment of quiet did you notice?

05. What did you enjoy seeing outdoors?

06. What small task went well?

07. What unexpected kindness did you receive?

08. What part of your home offers comfort?

09. What worry can wait until morning?

10. What is one thing you can appreciate even on a difficult day?

BONUS PROMPTS

Self-care

Choose any prompt and write a short response in your journal.

11. What need did you recognise today?

12. What helped you feel rested?

13. What boundary would support you?

14. What is one realistic way to nourish yourself?

15. What pressure can you reduce?

16. What activity helps you feel grounded?

17. What skill has helped you cope?

18. What would you say to a friend facing your challenge?

19. What help could you ask for?

20. What is one gentle promise you can keep?

BONUS PROMPTS

Inner growth

Choose any prompt and write a short response in your journal.

21. What did a mistake teach you?

22. What reaction would you like to change?

23. What assumption did you question?

24. What helped you act with patience?

25. What value guided a decision?

26. What did you learn from discomfort?

27. What expectation could you release?

28. What choice showed courage?

29. What habit would you like to develop?

30. What does growth mean to you this week?

BONUS PROMPTS

Connection with others

Choose any prompt and write a short response in your journal.

31. Who made your life easier today?

32. Whose effort have you overlooked?

33. How can you express thanks specifically?

34. What did you learn by listening?

35. Who could use encouragement?

36. What difference can you appreciate?

37. What small act of service can you offer?

38. How can you repair a misunderstanding?

39. What boundary can you honour in another person?

40. What shared moment are you grateful for?

Weekly reflection

Choose any prompt and write a short response in your journal.

41. What were three meaningful moments this week?

42. What challenge did you navigate?

43. What support did you receive?

44. What sensory comfort stood out?

45. What did you learn about your needs?

46. What relationship grew stronger?

47. What unfinished task needs a practical plan?

48. What can you leave behind for now?

49. What intention will guide next week?

50. How will you share gratitude through action?

CONTINUE YOUR PRACTICE

Your next chapter

What has this journal helped me notice?

What daily practice will I keep?

How will I express gratitude to others?

Explore the three companion articles

Evening gratitude prompts

Gratitude prompts for self-care (original article)

Weekly reflection journal