

# *Beginner's 7-Day Gratitude Prompt Tracker*

For each day, reflect on the prompt and write down your thoughts.

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DAY 1: WHAT MADE YOU SMILE TODAY?

DAY 2: LIST THREE THINGS YOU ARE THANKFUL FOR IN YOUR LIFE RIGHT NOW.

DAY 3: WHO IS SOMEONE YOU APPRECIATE, AND WHY?

DAY 4: WHAT IS A CHALLENGE YOU FACED RECENTLY, AND WHAT DID YOU LEARN FROM IT?

DAY 5: DESCRIBE A PLACE THAT BRINGS YOU PEACE OR HAPPINESS.

DAY 6: WHAT IS A SIMPLE PLEASURE YOU ENJOYED TODAY?

DAY 7: REFLECT ON A POSITIVE EXPERIENCE FROM THIS WEEK. WHAT MADE IT SPECIAL?

