



100+ GRATITUDE JOURNAL PROMPTS

To increase your vibrational setpoint
& help you manifest with ease.



ABOUT ME

I'm a manifestation coach at my core, but if there's one thing I'm wildly passionate about, it's Money and Mindset. Why? Because that's the work I had to do for myself and trust me, there were a LOT of weeds to dig up!

First-gen university grad. First-gen entrepreneur. First in my family to ditch the 9-5 and build a life on MY terms.

Growing up in a working-class London household, money always had the same story: "You have to work hard for money. Money doesn't come easy. Get a steady job, work your way up, and don't rock the boat." Even now, money debates still pop up. My mum will say, "No one needs that much money!"

But I rewrote that story. Because here's what I KNOW to be true: money in the hands of good-hearted people do good-hearted things.

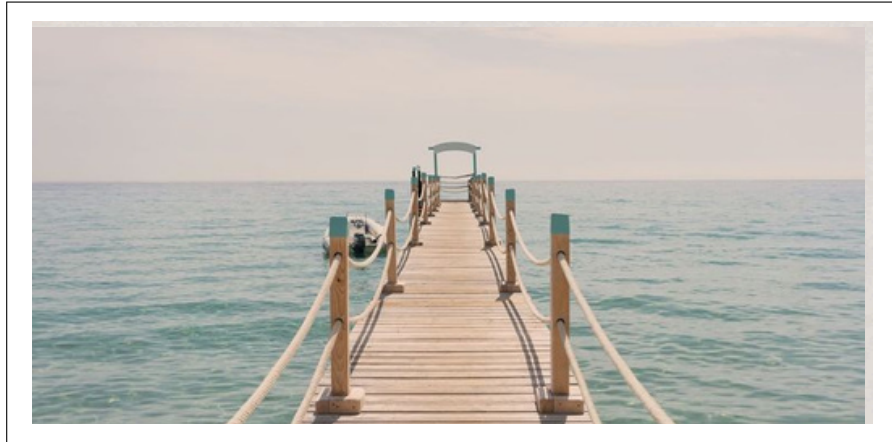
Living your wildest dreams isn't just possible, it's your MF birth right! You weren't put on this planet to just bumble along. If you've got a feeling inside you telling you you're meant for more, then you ARE. And all you need are the tools, the mindset, and the energy to make it happen. And that's what I'm here to help you with.

I hope you enjoy these journal prompts, and if you want to be the first to know when more free resources get added, then head to www.dannirowxo.com

Enjoy!

Danni xo

“ACKNOWLEDGING THE GOOD THAT
YOU ALREADY HAVE IN YOUR LIFE IS
THE FOUNDATION FOR ALL
ABUNDANCE” ~ ECKHART TOLLE



It is well documented that gratitude is one of the most powerful tools for manifestation because it aligns you with the highest vibrational frequency –love. When you deeply feel gratitude, you shift out of lack and into abundance, embodying the very energy that attracts your desires. Love is the default vibration for manifestation, and when you live in a state of appreciation, you naturally become a magnet for more experiences, people, and opportunities that reflect that same energy. It's not just about thinking grateful thoughts—it's about truly feeling them in your heart, because that emotional frequency is what the Universe responds to.

Another reason gratitude is so crucial in manifestation is that what you focus on, focuses on you. Energy flows where attention goes, and what you consistently acknowledge and appreciate in your life will only multiply. When you focus on abundance—whether it's love, money, your home, your career—the Universe expands those blessings. Gratitude keeps you tuned into the frequency of having rather than lacking, which means you're continuously calling in more to be grateful for. It's a cycle of expansion, and the more you nurture it, the more effortlessly your manifestations unfold.

SO WITHOUT FURTHER ADO, LET'S GET INTO IT!

Here are 120 gratitude journal prompts, broken down into categories, for easy referencing when you need to search for inspiration quick!

THE PRESENT MOMENT

1. I am grateful for ___ because ___.
2. One thing I often take for granted but appreciate today is ___ because ___.
3. Something in my daily routine that brings me joy is ___ because ___.
4. A small moment from today that made me smile was ___.
5. A simple pleasure I appreciate is ___.
6. I am grateful for the comfort of ___.
7. A sound that brings me peace is ___.
8. I appreciate the beauty of nature when I see ___.
9. A scent that makes me feel happy is ___.
10. The best part of my morning today was ___.

“FIND GRATITUDE IN THE LITTLE THINGS AND YOUR WELL
OF GRATITUDE WILL NEVER RUN DRY” ~ ANTONIA
MONTOKA

THE PEOPLE IN YOUR LIFE

11. Someone who has positively impacted my life is ___ because ___.
12. A friend I deeply appreciate is ___ because ___.
13. A family member I am grateful for is ___.
14. Someone who has helped me in a tough time is ___.
15. A kind stranger I've encountered was ___.
16. A mentor or teacher I appreciate is ___.
17. Someone who makes me feel loved is ___.
18. One person who makes me laugh is ___.
19. A relationship that has helped me grow is ___.
20. I appreciate my partner/friend for always ___.

"WHAT SEPARATES PRIVILEGE FROM ENTITLEMENT IS
GRATITUDE." ~ BRENE BROWN

PERSONAL GROWTH & LESSONS LEARNED

21. A lesson I've learned that I'm grateful for is ____.
22. A challenge I've overcome that I am now grateful for is ____.
23. A failure that led to something better was ____.
24. Something difficult in my past that made me stronger is ____.
25. A mistake I made that taught me something valuable is ____.
26. I am grateful for my personal growth in ____.
27. A time when I surprised myself was ____.
28. One belief that has shifted in a positive way is ____.
29. A decision I made that changed my life for the better was ____.
30. Something I've let go of that has improved my life is ____.

"GRATITUDE IS THE HEALTHIEST OF ALL HUMAN EMOTIONS.
THE MORE YOU EXPRESS GRATITUDE FOR WHAT YOU HAVE,
THE MORE LIKELY YOU WILL HAVE EVEN MORE TO EXPRESS
GRATITUDE FOR." ~ ZIG ZIGLAR

PAST EXPERIENCES AND MILESTONES

31. A childhood memory I cherish is ____.
32. Something I once dreamed of that I now have is ____.
33. An experience that changed my perspective was ____.
34. A travel experience I'm grateful for is ____.
35. A celebration or milestone that made me feel happy was ____.
36. A risk I took that paid off was ____.
37. A time I felt truly at peace was ____.
38. A holiday or special occasion that I loved was ____.
39. A moment that felt magical was ____.
40. Something I've done that I never thought I would is ____.

"THERE IS STRANGE COMFORT IN KNOWING THAT NO
MATTER WHAT HAPPENS TODAY, THE SUN WILL RISE AGAIN
TOMORROW." ~ AARON LAURITSEN

EVERYDAY BLESSINGS

41. I am grateful for the ability to ____.
42. A small act of kindness I received was ____.
43. Something I have in my home that makes life easier is ____.
44. I appreciate the ability to learn new things because ____.
45. A piece of technology that makes my life better is ____.
46. Something about my job/work/business that I appreciate is ____.
47. A book, movie, or song that has inspired me is ____.
48. I am grateful for access to ____.
49. One thing I love about my community is ____.
50. I appreciate the freedom to ____.

"IT'S A FUNNY THING ABOUT LIFE, ONCE YOU BEGIN TO TAKE
NOTE OF THE THINGS YOU ARE GRATEFUL FOR, YOU BEGIN
TO LOSE SIGHT OF THE THINGS THAT YOU LACK." ~
GERMANY KENT

THE FUTURE & EXPANSION

51. Something I'm excited about in the future is ____.
52. A goal I'm working towards that I'm grateful for is ____.
53. I appreciate the opportunities coming my way because ____.
54. I am grateful to my future self because ____.
55. I am excited to experience ____.
56. I am so grateful I have manifested ____ into my life because ____.
57. A skill I am grateful to be improving is ____.
58. A habit I'm building that I know will help me is ____.
59. I appreciate the unknown because ____.
60. I am grateful for the possibility of ____.

"FEELING GRATITUDE AND NOT EXPRESSING IT IS LIKE
WRAPPING A PRESENT AND NOT GIVING IT." ~ WILLIAM
ARTHUR WARD

FUN & JOYFUL MOMENTS

61. A hobby or activity that brings me joy is ____.
62. Something I laughed about recently was ____.
63. A time when I felt completely free was ____.
64. A fun experience I had with friends was ____.
65. I appreciate the ability to dance/sing/play because ____.
66. Something that makes me feel like a kid again is ____.
67. A guilty pleasure I secretly love is ____.
68. I appreciate the ability to express myself through ____.
69. A place I love visiting is ____.
70. Something that makes my heart feel light is ____.

"GRATITUDE IS WHEN MEMORY IS STORED IN THE HEART
AND NOT IN THE MIND." ~ LIONEL HAMPTON

THE WORLD AROUND YOU

71. I am grateful for the sun/moon/stars because ____.
72. I appreciate the changing seasons because ____.
73. A beautiful place in nature I love is ____.
74. I am grateful for animals because ____.
75. I appreciate the ocean/mountains/rain because ____.
76. A flower or plant that brings me joy is ____.
77. I am grateful for fresh air because ____.
78. Something about my surroundings that I love is ____.
79. A part of nature that reminds me of life's beauty is ____.
80. I appreciate the feeling of ____.

"I LIVE BY TWO WORDS: TENACITY AND GRATITUDE." ~
HENRY WINKLER

PERSONAL WELL-BEING

81. I am grateful for my health because ____.
82. A self-care practice I appreciate is ____.
83. I am grateful for restful sleep because ____.
84. I appreciate my body's ability to ____.
85. I am thankful for the feeling of peace when I ____.
86. A way I take care of my mental health is ____.
87. A food or drink that nourishes me is ____.
88. I am grateful for moments of stillness because ____.
89. I appreciate my ability to heal from ____.
90. I am grateful for the gift of being alive because ____.

"GRATITUDE IS NOT A LIMITED RESOURCE, NOR IS IT COSTLY.
IT IS ABUNDANT AS AIR." ~ MARSHALL GOLDSMITH

MONEY

91. I am grateful for the money I have because ____.
92. One way money has positively impacted my life is ____.
93. I appreciate the ways money flows to me, such as ____.
94. A financial blessing I've received recently is ____.
95. I am thankful for the ways I can use money to bring joy into my life, like ____.
96. I appreciate the financial opportunities that are available to me, including ____.
97. I am grateful for the security and freedom that money provides me in ____.
98. One past financial challenge that led to growth and abundance was ____.
99. I love the ways I am able to give and share my wealth, such as ____.
100. I am excited and grateful for the financial abundance that is making its way to me right now in the form of ____.

"WHEN IT COMES TO LIFE, THE CRITICAL THING IS WHETHER YOU TAKE THINGS FOR GRANTED OR TAKE THEM WITH GRATITUDE."~ GILBERT K. CHESTERTON

LOVE

101. I am grateful for the love in my life because ____.
102. A person who makes me feel deeply loved is ____, because ____.
103. I love the way I express love to others, especially when I ____.
104. A moment of Love that I experienced recently was ____.
105. I appreciate the ways I am learning to love myself more, like ____.
106. I am thankful for the lessons love has taught me, especially ____.
107. I feel deep gratitude for the small acts of love I receive daily, such as ____.
108. A loving relationship (past or present) that has shaped me in a positive way is ____, because ____.
109. I am excited and grateful for the love that is constantly flowing into my life, including ____.
110. I trust that love is always expanding in my life, and I am grateful for the way it manifests through ____.

1. "BEING GRATEFUL DOES NOT MEAN THAT EVERYTHING IS
NECESSARILY GOOD. IT JUST MEANS THAT YOU CAN
ACCEPT IT AS A GIFT." ~ ROY T. BENNETT

ABUNDANCE

- 111. I feel abundant right now because ____
- 112. The Universe has provided me with ____, and I am so grateful.
- 113. A financial blessing I have received recently is ____
- 114. I am wealthy beyond money because ____
- 115. An opportunity that has expanded my abundance is ____
- 116. I have experienced generosity in my life through ____
- 117. A skill, talent, or knowledge I have that brings me abundance is

- 118. Gratitude has helped me attract more wealth by ____
- 119. Something I have today that I once wished for is ____
- 120. I appreciate the abundance in my life, especially ____

HOW TO GET THE MOST OUT OF THESE GRATITUDE PROMPTS



Here's a little secret, your mind is most receptive to new thoughts, beliefs and suggestions first thing in the morning and last thing at night. You can certainly journal on any of these prompts during the day, but what me and my husband love to practice right before we do lights out at night, is list 3 or more things that we're grateful for. Here's why it's so powerful.

Theta State (Before Sleep & Upon Waking)

As you drift off to sleep or wake up, your brain is in the theta state, the same deep, relaxed state accessed during hypnosis and deep meditation.

This is when your subconscious mind is most open to suggestion, meaning anything you focus on during this time gets deeply imprinted.

Practicing gratitude before bed embeds positive, abundant thoughts into your subconscious while you sleep, allowing them to work beneath the surface overnight.

Alpha State (Early Morning & Deep Relaxation)

Right after waking up, you enter an alpha wave state, which is a calm, open, and creative mindset.

This is the perfect time to set the tone for the day by focusing on gratitude, as your mind will carry this energy into everything you do.

Since what you focus on expands, choosing to start the day with gratitude amplifies positive experiences, beautiful synchronicities, and manifestations.

How This All Helps Boosts Your Manifestations

- Your subconscious mind doesn't argue, it just absorbs and is far more likely to accept information in these states. Gratitude practiced in theta or alpha states reprograms your beliefs to align with abundance in many areas of your life.
- The Universe mirrors your dominant vibration. When you wake up grateful or fall asleep appreciating what you have, you signal to the Universe: "I am already abundant," which attracts even MORE abundance.
- You shift into the vibration of love and abundance. Gratitude aligns you with high-frequency emotions like joy, love, and peace—the highest of frequencies and the exact state required for effortless manifestation.

How to Use This in Your Practice

- Before bed: List or visualise three things you're grateful for as you drift off to sleep.
- First thing in the morning: Before even checking your phone, mentally affirm gratitude for something in your life or say something like, "Thank you for another day of magic!" OR "Thank you for all the blessings I already have and all the blessing that will come my way today."

By syncing your gratitude practice with your most receptive brain wave states, you're literally rewiring your mind for automatic abundance and manifestation.



I truly hope this journal brings you value! If you haven't already, be sure to check out my 100+ affirmations, specifically designed to complement these gratitude prompts. They'll help you deepen your beliefs around worthiness and abundance, shift into a more positive mindset, and expand your manifestations effortlessly!

If you're ready to *actually* step into your CEO energy, deepen your connection with the Universe/God, and break through the blocks and limiting beliefs that have been holding you back, so you can finally live your purpose and fully receive ALL of your desires, you can explore ways to work with me here.

Here's To You Living Your Wildest Big Ass Dreams!

Danni Xo