

A woman with dark skin, wearing glasses and a white headwrap, is sitting at a desk and writing in a journal. She is wearing a light-colored sweater. The background is a soft, out-of-focus indoor setting with a yellow object hanging on the wall.

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# *Prompts*

TO HELP WITH YOUR DAILY  
GRATITUDE JOURNALING

**A GRATEFUL STANCE  
YIELDS AN ABUNDANT  
LIFE**

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Personal Growth  
Strategies

# Beginning of the day

What 3 things am I grateful for in this moment?

What is the one thing I am mostly grateful for and would like to carry throughout the day?

Who can I put a smile on their face today?  
*(This could be a small gesture, or a message of love and encouragement.)*

What task am I excited to pursue today?  
*(Preferably something that takes me a step closer to achieving my dreams and goals.)*

What is something I often take for granted but am truly grateful for today?

# End Of Day

What What made me smile today?

What is the silver lining in any of the difficulties and challenges I am currently facing?

I may not be 100% perfect, but what are some ways I showed growth or improvement today?  
*(It could be in character, attitude, or any area you're grateful for in how you showed up.)*

Who are the 3 people I am grateful for right now?

My gratitude list to God.