

The Healing Sanctuary

with Melissa Field

Gratitude Journal Prompts
Instagram: @meditate_with_melissa

When it comes to your friendships, who are you grateful for and why?

Who is the most supportive person in your life? What do you appreciate about this person?

What is a place you've visited that you are grateful to have seen in person?

What do you appreciate most about that trip?

What quality about your personality are you most grateful for?

What is something difficult you went through that you're grateful for because of how it changed you or because of what you learned from it?

What is something in your childhood that you're grateful to have experienced or to have had in your life?

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Who is someone in your family, past or present, that you are grateful for?
Why do you appreciate this person?

When you reflect back on this year, what experiences are you most grateful to have had?

When you reflect back on this year, who are you most grateful to have had in it? Why are you grateful for this person at this particular time?

When you look ahead to the coming year, what do you want to experience? Give gratitude for it as if it's already happening.

And now, let whatever gratitude you have in your heart come forward. Give gratitude for anything and everything you feel called to.

I'm grateful for...

I'm grateful for...

I'm grateful for...

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