

Mindful Reflection

Daily Journal Prompts

Write about a time you were grateful for something a loved one did for you.

Who do you look up to most and why?

Write about the last time you laughed until you cried.

In this moment, what are four things you're grateful for?

Write about something in your life you have today that you didn't a year ago.

Pick a random photo and write about why you're grateful for that memory.
