***Writing Prompts for Gratitude***

Reminder: Approach your days with gratitude, openness, and understanding. Look at things as opportunities or new possibilities for yourself. Taking in the present moment allows you to focus on what you do have and also what you could have.

Write a letter:

*To yourself…*

*To your past self…*

*To your future self…*

*To someone important to you…*

*Write a letter and only open it 1 or 2 years later…*

Journaling Prompts:

*Reflect on your day/week (brain dump)...*

*Write what didn’t go to plan, and what you learned…*

*Write what you achieved/overcame this week…*

*Create affirmations for the week ahead…*

*Explain your hardest challenge and how you overcame it…*

*cute lil note*