50 Gratitude Journal Prompts

FOR NOVEMBER | PRINTABLE CHECKLIST

Choose one question. Write in your notebook. Tick when used.

A gentle November start

Prompts 1–10

- [ ] 1. What small thing made the first few minutes of your day easier this November?
- [ ] 2. Where did you notice autumn light today, and what did you appreciate about that moment?
- [ ] 3. What is one ordinary thing you can rely on as the mornings become colder?
- [ ] 4. Which part of your daily routine feels especially welcome at this time of year?
- [ ] 5. What do you appreciate about the place where you are beginning this month?
- [ ] 6. Which small moment from today would you like to keep before it slips from memory?
- [ ] 7. What are you glad you made time for this week, even briefly?
- [ ] 8. What familiar object has been quietly useful to you this November?
- [ ] 9. What can you appreciate about a day that was mostly ordinary?
- [ ] 10. What would you like to notice more often during the rest of this month?

- [ ] 11. Which corner of your living space offers a little comfort on a cold evening?
- [ ] 12. Who has made an everyday task feel lighter recently, and what did they do?
- [ ] 13. What meal, recipe, or food tradition connects you with someone you care about?
- [ ] 14. Which conversation left you feeling heard, included, or pleasantly understood this month?
- [ ] 15. What quality do you appreciate in a friend that you sometimes forget to name?
- [ ] 16. Who gives you room to be quiet, imperfect, or fully yourself?
- [ ] 17. What shared memory feels warm to return to as the evenings grow darker?
- [ ] 18. Which small household convenience are you especially glad to have this week?
- [ ] 19. What do you appreciate about a connection you maintain across distance?
- [ ] 20. What kind of welcome have you received that you would like to remember?

Small comforts and the senses

- [ ] 21. What warm food or drink did you enjoy recently, and which detail made it satisfying?
- [ ] 22. What sound made your surroundings feel pleasant or companionable today?
- [ ] 23. Which soft, sturdy, or familiar texture brought you comfort on a chilly morning?
- [ ] 24. What seasonal color caught your attention outside a window or along your usual route?
- [ ] 25. Which scent reminded you of a comforting place, meal, or time?
- [ ] 26. What did you appreciate about stepping into warmth after being outside?
- [ ] 27. Which simple ingredient made something you ate this week more enjoyable?
- [ ] 28. What small patch of nature could you notice from where you spent your day?
- [ ] 29. Which practical item helped you feel more comfortable in November's weather?
- [ ] 30. What quiet pleasure did you enjoy without needing to buy anything new?

- [ ] 31. What made a difficult part of today even slightly more manageable?
- [ ] 32. Which boundary helped protect your time or energy this month?
- [ ] 33. What have you learned about the kind of support you prefer to receive?
- [ ] 34. When did you allow yourself a needed pause instead of pushing through?
- [ ] 35. What useful skill helped you handle a small problem recently?
- [ ] 36. Which expectation have you softened that no longer needs so much of you?
- [ ] 37. What can you acknowledge about your own effort, even if the result was unfinished?
- [ ] 38. Who or what offered a moment of steadiness during an uncertain week?
- [ ] 39. What are you glad you asked for, clarified, or admitted you did not know?
- [ ] 40. What part of a hard day can remain hard while you also name one small comfort?

Giving, kindness and Thanksgiving week

- [ ] 41. What everyday act of kindness did you notice someone offering another person?
- [ ] 42. Whose behind-the-scenes work helped make a meal, gathering, or ordinary day possible?
- [ ] 43. What have you received recently that could not be wrapped or bought?
- [ ] 44. Which person would you like to thank for something specific, and what would you name?
- [ ] 45. What small act of care were you able to offer within your own limits?
- [ ] 46. What do you appreciate about a gathering, shared meal, or quiet alternative that suits you?
- [ ] 47. Which tradition feels meaningful to keep, adapt, or begin this November?
- [ ] 48. What have you learned from someone whose daily life differs from your own?
- [ ] 49. What resource, skill, or bit of time could you share comfortably, if you choose?
- [ ] 50. Looking back over November, what ordinary kindness would you like to carry into next month?