

WRITING PROMPTS FOR 7 DAYS OF GRATITUDE

“Rejoice always, pray continuously, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”

—1 Thessalonians 5:16-18

JulieHester.com
paying attention ✨ writing it down

For What is Beautiful

Make a list of things that are beautiful to you.
Beautiful people, places, objects, sounds.
Don't overthink it—just list whatever comes to mind.
Choose one or more and write for ten minutes,
giving thanks for what is beautiful.

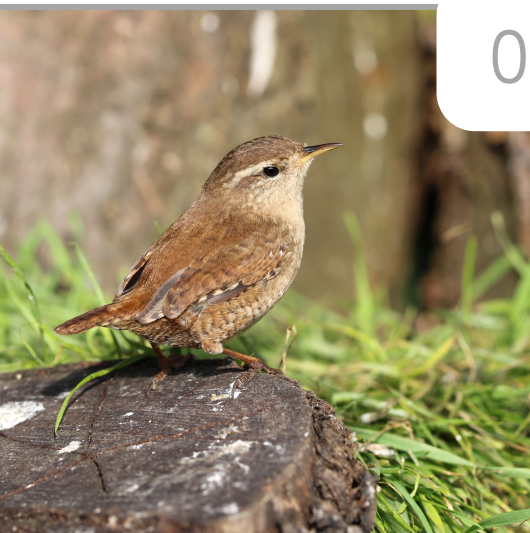
01



02

For What I See

In his poem *Aimless Love*, Billy Collins wrote:
This morning as I walked along the lakeshore,
I fell in love with a wren
and later in the day with a mouse
the cat had dropped under the dining room table."
Write about what you see today, starting with, "Today I fell in love with..."



For God's Good Gifts

“Meister Eckhart wrote: "If the only prayer you said was thank you, that would be enough.”

Write a simple thank you prayer to God.
Start each line with "Thank you God for..."

03



04



For a Favorite Photo

Choose a photo that you are grateful to have. Spend a few minutes just looking at it. Write for ten minutes about it, beginning with the line, "I'm grateful for the photo of..."

For My Body

Take a positive inventory of your body, and write down what you are grateful for. Start with your head, and work your way down to your toes. What do you notice? What can your body do? What amazes you about it?

05



06

For Decades of Gratitude

Make a list of every decade of your life: ages 0-10, 11-20, etc. For each decade list the people, places, objects and learnings you were grateful for then, or are grateful for now, as you look back.

For Food

Describe something you eat today. Or, if you are preparing food for yourself or others, describe the process of prepping and cooking it. Begin with the details, and then see where your writing takes you.

07

