

## My Daily Gratitude Prompts

*Part of your healing journey with HighStakesHealing.com*

Each day, pick a prompt (or more) to reflect on. Write your answer on a slip of paper and drop it into your Gratitude Jar. Watch how even the smallest good things can shift your perspective over time.

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### DAILY GRATITUDE PROMPTS

1. **One moment today that made you smile:**  
*(Even if it was tiny or fleeting)*
  2. **A person you're thankful for and why:**  
*(Friend, family, mentor—even someone you barely know)*
  3. **Something your body allowed you to do today:**  
*(Walking, breathing, hugging, dancing, resting)*
  4. **A small comfort you enjoyed:**  
*(A warm drink, soft blanket, favorite song, clean sheets)*
  5. **Something you're proud of yourself for today:**  
*(A choice, a boundary, a pause, a tiny win)*
  6. **One thing you have today that you once wished for:**  
*(A roof, recovery time, support, clarity)*
  7. **A helpful insight or lesson you've learned recently:**  
*(Something you're carrying forward on this journey)*
  8. **Something in your environment that brought peace or joy:**  
*(A plant, the weather, a view, your favorite mug)*
  9. **A past version of yourself that helped you survive:**  
*(Thank them for what they knew how to do)*
  10. **A moment where you felt safe or grounded:**  
*(Internally or externally)*
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**Pro Tip:** If you ever feel stuck or discouraged, reach into your jar and pull out 3 slips. Let your past gratitude remind you how far you've come.