

Art + Wellness Kit: Gratitude Prompts



Madison Public Library - Live Well @ Your Library

Practicing gratitude can have profound effects on mental, physical, emotional, and spiritual well-being. Use the prompts below to guide your gratitude practice of daily journaling.

1. Describe a memory that makes you smile.
2. Write out a favorite childhood memory.
3. Sketch a favorite childhood memory.
4. Describe your favorite nature smell.
5. What is your favorite man made scent or smell (specific cooking, perfume, etc.)?
6. What ability are you grateful for?
7. What place do you always want to remember?
8. Who is someone that is/was important to you.
9. Who is someone you are glad you got to meet?
10. Sketch what you hear.
11. Describe what you hear.
12. Describe your favorite nature sound/s.
13. Describe your favorite man made sound/s.
14. Sketch what you see out your window.
15. Describe what you see out your window.
16. What is your favorite place in Madison to visit?
17. What is your favorite season of the year? Why?
18. What does the holiday season mean to you?
19. Draw a flower.
20. What does fall look like?
21. What is one thing you are grateful for today?
22. Draw something you are thankful for.
23. What does a hug feel like?
24. Where is your favorite place to visit outside of Madison?
25. What are you most grateful for this year?
26. List 3 things you are grateful for today.
27. List 3 things you are grateful for today.
28. List 3 things you are grateful for today.
29. What are you most looking forward to in 2023?
30. What quality in yourself are you grateful for?

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