



NEW

THEME

There are a month's worth of daily gratitude prompts, some with a little crafty action or a simple way to show your appreciation.

WORDS

PEOPLE

ACTION

TASKS

CRAFTY

LIFE

FAITH

 Dive in a little deeper with your journaling.

Use the **Who**, **What**, **When**, **Where** + **How** to explore the way it impacts your life.

Refresh
what could you refresh in your life?

how has a recent family member's **accomplishment** inspired you?

find a new **recipe** + make something special for your family

what one **everyday activity** can you embrace in a new way?

CREATE
a bookmark with a new favourite **quote**

what is something you enjoy about a **new start**?

what is something amazing you recently learnt about **God**?

Season
what are you **thankful** for in this season of life?

NEW : Gratitude Prompts

how did someone's recent act of **kindness** make you feel?

leave a note on your **child's** pillow telling them how special they are to you

take a **different route** to work or on your walk/run. What did you notice?

what was one thing you were glad you learnt in the last **book** you read?

what will it mean to you when you master the new **habit** you are developing?

what is something new **God** is teaching you?

Reset
what could **benefit** from a reset in your life?

what was something new you learn about **your beloved** + how does it bring you joy?

COOK
your family's **favourite meal** + share the joy of being together

what new **charity** can you donate to + how does what they do impact you?

what does the last **photo** you took mean to you?

looking back, what events brought you to the **season** your in right now?

get **CRAFTY**
with a scripture about **New Beginnings**

Start
what is holding you back from starting **something new**?

what's something new you can do to **show others** you appreciate them?

hold someone's gaze or linger in a hug + focus on the **moment**, what came to mind?

what was the last thing that you did that made your **heart sing**?

CREATE
a dashboard with a **quote** focusing on the new

what are you **learning** in your life right now?

what **scripture** have you recently seen in a new way?

Learning
what are you learning about **right now**?

find out something new about a **loved one**, how does it inspire you?

send a card to a **friend** telling them how much you appreciate them