



GRATITUDE JOURNAL PROMPTS FOR TEACHERS



Use the following journal prompts to reflect on everyday moments of gratitude, and document them in a journal or notebook. Once you complete a journal entry, place an "X" in the corresponding box.

- 1. What is your favorite thing about being a teacher and why?
- 2. What are some victories you've celebrated during your time as a teacher?
- 3. What is one thing that makes you smile at work? Why?
- 4. Which of your colleagues are you most thankful for? Why?
- 5. Share something that made you laugh this week.
- 6. What is the nicest thing a student or colleague has ever done for you?
- 7. How do you feel when a parent or guardian shows you appreciation? Why?
- 8. What part of being an educator makes you feel most grateful? Why?
- 9. What is one thing that you look forward to every day?
- 10. Name an accomplishment you're thankful for.
- 11. Name 3 things you're most proud of in the classroom this year.
- 12. What is your favorite day of the week? Why?
- 13. When do you feel most appreciated?
- 14. What is your favorite book? Why?
- 15. What is your favorite thing to do during the weekend?
- 16. What Thanksgiving family tradition are you most thankful for?
- 17. Look around the room and list all of the things that you bring you gratitude.
- 18. What is one thing that you couldn't live without? Why?
- 19. What is one piece of advice that you are thankful for receiving?
- 20. Name one lesson that you've learned throughout your time teaching.
- 21. What is one thing that you are passionate about? Why?
- 22. Which professional development experience are your most grateful for and why.
- 23. Name a song that makes you happy and why.
- 24. Which classroom activity do you enjoy doing the most with your students?
- 25. When do you feel most relaxed?
- 26. What is your favorite thing to do after a long workday?
- 27. What is one thing that you are looking forward to and why?
- 28. What is your favorite part about Thanksgiving break?
- 29. What is one thing that you can always count on to help cheer you up?
- 30. What is one teacher hack that you are thankful for learning?

