

# Gratitude Journal Prompts

1) Five things I am grateful for today are:

---

---

---

---

---

2) Three things I can do now that I'm sober are:

---

---

---

---

---

3) Three reasons I have to stay sober are:

---

---

---

4) Three people I am grateful to have in my life are:

---

---

---

# Gratitude Journal Prompts

5) Three things that give my life meaning and purpose are:

---

---

---

---

6) Three positive changes I've noticed since I've been sober are:

---

---

---

---

7) Three things I'm looking forward to are:

---

---

---

---