

A Daily Gift of Gratitude

Writing Prompts for the Expanded Edition

An invitation to share a true story of gratitude in approximately 250 words

Your story matters. Gratitude can be found in joyful moments, unexpected kindness, answered prayers, hard-won lessons, ordinary days, and even experiences we would never have chosen. Choose one prompt that speaks to your heart and use it as a starting point for a true story or personal reflection.

Suggested length: approximately 250 words. **Most important:** write from your own experience, in your own voice, and from the heart.

25 Story Starters

1. The Unexpected Gift

Tell us about something you never asked for or expected that became one of the greatest gifts in your life.

2. A Person I'll Never Forget

Who made a difference in your life simply by showing up, believing in you, encouraging you, or loving you when you needed it most?

3. Grateful in Hindsight

Share an experience that was difficult or painful at the time but that you can now look back on with gratitude.

4. The Kindness of a Stranger

Tell us about a stranger whose small act of kindness had a lasting impact on you.

5. When a Door Closed

Describe a disappointment, rejection, or ending that eventually led you somewhere better.

6. The Ordinary Moment That Wasn't Ordinary

Share a simple, everyday moment that reminded you just how much you have to be grateful for.

7. Someone Who Believed in Me

Tell us about someone who saw something in you that you couldn't yet see in yourself.

8. A Lesson From Loss

What has losing someone or something precious taught you about gratitude, love, or appreciating what you have while you have it?

9. The Gift of Friendship

Share a moment when a friend stood beside you, lifted you up, made you laugh, or reminded you that you weren't alone.

10. Answered Prayer

Tell us about a prayer that was answered—perhaps exactly as you hoped, or perhaps in a completely unexpected way.

11. The Unanswered Prayer I'm Grateful For

Was there something you desperately wanted that, looking back, you are grateful didn't happen?

12. A Second Chance

Tell us about a time when you were given an opportunity to begin again, repair something, change direction, or try one more time.

13. Home

What person, place, memory, tradition, sound, smell, or experience gives you that wonderful feeling of being home?

14. A Teacher Beyond the Classroom

Who taught you an important lesson about life, love, courage, faith, kindness, or yourself?

15. When I Had Less but Felt Rich

Share a time when you discovered that abundance isn't always measured by money or possessions.

16. The Gift Hidden Inside a Mistake

Tell us about a mistake, wrong turn, or poor decision that ultimately taught you something you are grateful to know today.

17. Someone I Never Properly Thanked

If you could thank one person from your past today, who would it be, and what would you want them to know?

18. A Childhood Memory I Treasure

Take us back to a moment from childhood that still fills your heart with gratitude.

19. Gratitude in Nature

Tell us about a sunrise, storm, ocean, mountain, garden, animal, changing season, or other encounter with nature that stopped you in your tracks.

20. The Day Everything Changed

Share a moment that divided your life into "before" and "after" and helped you see life differently.

21. The Gift of Forgiveness

Tell us about a time when giving or receiving forgiveness brought freedom, healing, peace, or gratitude into your life.

22. Something I Once Took for Granted

What ordinary part of life do you appreciate much more today than you once did?

23. A Moment of Divine Timing

Have you ever experienced a meeting, phone call, opportunity, delay, coincidence, or perfectly timed moment that felt like God had a hand in it.

24. The Hardest Thank You

What difficult experience, season, or person taught you something that eventually allowed you to say, “I’m grateful for what this taught me”?

25. Today, I Am Grateful

If you stopped right now and looked at your life—not the life you planned or imagined, but the life you’re actually living—what are you most grateful for, and why?



A Gentle Invitation to the Writer

Gratitude doesn't require a perfect life.

Sometimes it appears in celebration. Sometimes it arrives through another person's kindness. And sometimes we discover it only after walking through something we never would have chosen.

Your story doesn't have to be extraordinary to matter. It simply needs to be yours.

In approximately 250 words, share a true story or reflection about a person, experience, lesson, moment, or unexpected gift that taught you something about gratitude.

You never know who may need the story only you can tell.

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