

5 Journal Prompts on Gratitude

WORLD MENTAL HEALTH DAY

Saturday, October 10, 2026



Research shows that starting the day with gratitude can have a positive impact on overall outlook and mental health. With this in mind, The Renfrew Center is offering a journal prompt to encourage the practice of gratitude on World Mental Health Day.

Reflect on the following:

- What aspects of your mental health are you most grateful for today? How have you grown mentally and emotionally over the past year?
- Reflect on your mental health journey. What are the small moments or habits that have positively impacted your well-being? How can you continue to nurture your mental health in the coming weeks?
- Take a few minutes to tune into your thoughts and emotions. What do you notice about your current mental state? How can mindfulness help you stay present and balanced?
- Imagine your ideal mental health a year from now. What steps can you take to work towards that vision? What support or resources might help you along the way?
- Write a letter to yourself offering kindness and understanding for any struggles you've experienced. What words of encouragement do you need to hear right now?

**Be grateful for what you have. Be proud of how you got here.
Know you can navigate your current challenges just as you have before.**



For more information, please visit:
www.renfrewcenter.com

