



ARCHER & OLIVE

GRATITUDE BULLET JOURNAL PROMPTS - ADVENT CALENDAR!

Cut these prompts out and pop them into your bullet journal advent calendar

What do you appreciate most about your health?

What is your favorite childhood memory

When you are outdoors what do you love the most?

Who in your life are you currently most grateful for?

What is your favorite food and why do you love it?

What is something you just CANNOT live without? Why?

What about next year/ month/week excites you?

What is your favorite color and why does it make you happy?

What have you achieved recently - big or small?

What is one thing money cant buy that you love the most?

What do you value about yourself most?

Sit in silence today for 5 mins outside in nature! Jot down how you felt

Think about something that isn't perfect in your life, is there something you can still appreciate about it?

What lesson in life are you most grateful for?

Who do you really admire at the moment? What qualities do they display?

Has someone done a kind act for you? Why did you appreciate it?

Today - Draw a small doodle of your environment and list some of the things you love

Which challenge in life has shaped you the most?

What talents or skills have you shared with people in the past?

What is your favorite tv show? What about it do you value?

List some of the ways you recharge and get energy

List some of the ways you nurture self care?

Spend some time on your own tonight!

You are gorgeous and amazing regardless of anything. Remember that