



21 Fall-Inspired Gratitude Prompts

1. What simple comforts of fall am I grateful for (warm drinks, cozy blankets, autumn scents)?
2. Which people in my life bring warmth and light, like fall sunlight through the trees?
3. What changes in nature this season am I noticing and appreciating?
4. What is a challenge I faced this year that taught me an important lesson?
5. What's something about my body I am grateful for today?
6. A tradition, memory, or ritual from past falls that brings me joy are...
7. A place I love to go in the fall — why it feels grounding or special.
8. What I've accomplished this year, even if it's small.
9. What is a skill or talent I'm grateful for that helps me navigate life?
10. What is a comforting smell, sound, or texture I'm thankful for this season?
11. Something I'm letting go of this fall and grateful for the release is...
12. A favorite fall food or drink that nourishes my body and spirit is...
13. Someone who supported me when I needed it most recently was...
14. Something in my home that feels cozy or grounding this season is...
15. A book, podcast, or resource I'm thankful I discovered recently is...
16. A moment from the past week that made me smile was...
17. Something in my life that feels abundant, like leaves on the trees is...

18. An act of kindness I witnessed or experienced recently was...
19. What is a strength I've developed this year that I'm grateful for?
20. One thing about myself I can appreciate today is...
21. What is something about this season that reminds me life has cycles, growth, and beauty?