

15 GRATITUDE DRAWING PROMPTS FOR ADULTS

- 1. Draw three small things that bring you joy.** A hot cup of tea, the sound of birds, or a cozy chair—capture the tiny pleasures.
- 2. Sketch a moment this week that made you feel thankful.** Maybe it was a compliment, a helping hand, or time spent with someone you love.
- 3. Draw someone you're grateful for.** Sketch a person who has impacted your life, and include symbols of what they mean to you.
- 4. Illustrate a happy memory you cherish.** A scene from a trip, a celebration, or a simple afternoon that felt special.
- 5. Sketch an object in your home that makes life better.** A favorite book, a family photo, or your most comfortable blanket.
- 6. Draw your favorite place to unwind.** A reading nook, a garden, or your favorite park bench—where do you feel at peace?
- 7. Sketch an act of kindness you received recently.** Capture a moment when someone's thoughtfulness lifted your spirits.
- 8. Draw a gift you've received that means a lot to you.** It doesn't have to be big—sometimes the smallest gifts hold the most meaning.
- 9. Illustrate a favorite meal or recipe you're grateful for.** Draw the ingredients, the dish, or a happy scene of sharing food with loved ones.
- 10. Draw a life lesson you're thankful for.** Represent something difficult that taught you growth, resilience, or wisdom.
- 11. Sketch a friend who always makes you smile.** Capture their personality or a favorite moment you've shared.
- 12. Draw a moment of nature that fills you with gratitude.** Think of a sunrise, a blooming flower, or the sound of rain.
- 13. Illustrate your gratitude for your body.** Sketch your hands, feet, or any part of you that allows you to experience life fully.
- 14. Draw the people or places that make you feel "at home."** It could be family, a cozy space, or a community that gives you a sense of belonging.
- 15. Illustrate a word or a phrase that someone said to you and made you feel special.**

