

Gratitude & Grounding Prompts

Reconnect with Home, Relationships, and Everyday Joys

After traveling, it's easy to feel disconnected from ordinary life. These prompts help you rediscover the beauty and meaning in your everyday world while honoring the growth you experienced abroad.

Research in positive psychology demonstrates that gratitude practices reduce post-travel depression by 34% and increase life satisfaction by enhancing appreciation for both extraordinary and ordinary experiences.

How to Use This Guide:

- Complete one section per week, or go at your own pace
- Use these prompts for journaling, meditation, or conversation
- Revisit prompts whenever you feel disconnected
- Be honest—there's no 'right' answer

Week 1: Gratitude for Home

Rediscover the comfort and familiarity you may have taken for granted.

What physical aspects of your home bring you comfort?

(Your bed? Kitchen? A favorite chair? Natural light?)

What sounds, smells, or sensations feel uniquely like 'home' to you?

List three conveniences you missed while traveling:

1.

2.

3.

How can you appreciate your space with fresh eyes?

Week 2: Gratitude for Relationships

Reconnect deeply with the people who matter most.

Who did you miss most while traveling? Why?

What do you appreciate about your closest relationships that you didn't notice before?

How has your perspective on relationships changed?

Action: Write a heartfelt message to someone who supported you:

Dear _____,

Week 3: Gratitude for Everyday Joys

Find magic in the mundane and beauty in the ordinary.

What small pleasure did you rediscover at home?

(Coffee routine? A favorite restaurant? Your playlist?)

List five simple things that made you smile this week:

- 1.
- 2.
- 3.
- 4.
- 5.

What ordinary moments can you transform into a ritual?

(Morning coffee, evening walks, Sunday cooking, etc.)

- 1.
- 2.
- 3.
- 4.
- 5.

Week 4: Grounding in the Present

Anchor yourself in the here and now while honoring where you've been.

Daily Grounding Practice (check off as you complete):

- Name 5 things you can see right now
- Name 4 things you can touch or feel
- Name 3 things you can hear
- Name 2 things you can smell
- Name 1 thing you're grateful for right now

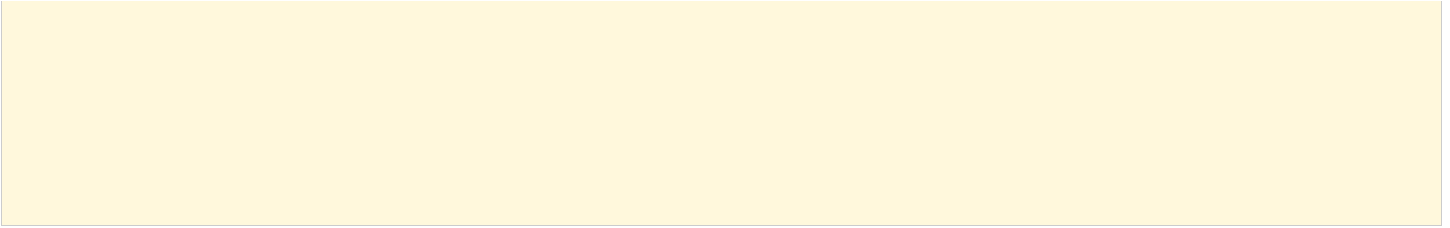
What does being 'present' mean to you now?

How can you balance being here while holding space for your travel memories?

What commitment can you make to stay grounded?

Final Reflection

Looking back over these prompts, what's one insight about gratitude or presence that you want to remember?



Home is not just a place—it's a feeling, a practice, and a choice to be present.