



Glow Journal Tips for Families

Practical prompts to encourage reflection and gratitude

Use these prompts together as a family to share, grow, and shine!

- 1 Share one thing each person is grateful for today and why.
- 2 Recall a family highlight from the week—what made it special?
- 3 Describe a challenge someone faced and how the family supported them.
- 4 Name one act of kindness you witnessed or did this week.
- 5 List three things that made you smile as a family today.
- 6 Reflect on a goal someone achieved—how did it feel?
- 7 What's a lesson you learned together recently?
- 8 Share a family tradition you love and what it means to you.
- 9 Identify one way you can support each other this coming week.
- 10 Write about a favorite family meal and the memories around it.
- 11 Each person names a personal win from today, big or small.
- 12 Describe a moment when someone made you laugh this week.

"Every day we grow brighter together." ■