

GRATITUDE PROMPTS



FIND GRATITUDE FOR...

- Something you're looking forward to
- People in your life
- Your body
- Something someone gave you
- Your accomplishments
- Food on the table
- Water to drink
- Places you've visited
- A happy memory you have
- Changes you've made
- Hobbies you enjoy
- Books you love
- A possession that makes life easier
- A friend
- A family member
- A lesson you've learnt
- A local spot you enjoy
- Fears you've overcome
- Something that inspired you
- Kindness from somebody
- Relationships you treasure
- Work possibilities
- Something you love to do
- Having a place to stay
- Music that you love
- Your best skill
- The best thing that happened today
- A smell that you love
- Something you have now that you didn't have last year
- An experience that forced you to grow
- Something that always makes you smile
- A vacation that you're looking forward to
- The best gift you've ever received
- Where you live
- Someone that makes you feel loved
- Your favourite meal
- Something you love to do at home
- Something that helps you relax
- A skill you have