

GRATITUDE PROMPTS

1. NAME SOMETHING BEAUTIFUL YOU SAW TODAY.
2. NAME SOMETHING THAT MADE YOU LAUGH TODAY.
3. WHAT KIND GESTURE DID YOU OBSERVE TODAY?
4. HOW WERE YOU KIND TO OTHERS TODAY?
5. HOW WERE YOU KIND TO YOURSELF TODAY?
6. REFLECT ON THINGS THAT MADE YOU SMILE TODAY.
7. FOR WHOM ARE YOU GRATEFUL AND WHY?
8. THINK ABOUT YOUR LIFE ONE YEAR AGO. REFLECT ON WHAT IS DIFFERENT AND BETTER NOW.
9. WHAT IS A LIFE CHALLENGE FOR YOU? HOW ARE YOU GRATEFUL FOR THIS CHALLENGE?
10. REFLECT ON YOUR COMMUNITY. WHAT ARE YOU GRATEFUL FOR IN YOUR COMMUNITY?
11. WHAT IS YOUR FAVORITE FAMILY ACTIVITY? WHEN WAS THE LAST TIME IT OCCURRED?
12. TALK ABOUT ONE THING YOU LOVE ABOUT YOURSELF.
13. THINK ABOUT THE FREEDOMS YOU ENJOY. WRITE ABOUT ONE FOR WHICH YOU ARE GRATEFUL.
14. THINK ABOUT A FRIEND. WHAT IS ONE THING YOU LOVE ABOUT THAT FRIEND?
15. WHAT IS SOMETHING YOU DO NOT WANT TO LIVE WITHOUT?
16. HOW DID YOU HELP SOMEONE TODAY?
17. WHAT DID YOU SEE THAT WARMED YOUR HEART TODAY?
18. WHAT LIFE EVENT STRENGTHENED YOUR CHARACTER?
19. WHAT FOODS DO YOU ENJOY PREPARING OR EATING?
20. HOW CAN YOU CONTINUE TO BE MORE THANKFUL AND GRATEFUL EACH DAY?
21. CAN YOU NAME 5 WAYS YOU ARE FORTUNATE?
22. LIST 3 THINGS YOU CAN DO TO BE A KINDER PERSON.
23. NAME A BLESSING YOU EXPERIENCED TODAY.
24. HOW DID SOMEONE EXTEND GRACE TO YOU TODAY?
25. DO YOU EXPRESS GRATITUDE TO OTHERS? CAN YOU THINK OF NEW WAYS TO EXPRESS GRATITUDE?
26. WHAT ARE YOUR TALENTS? DO YOU SHARE THEM WITH OTHERS?
27. NAME SOMETHING THAT GAVE YOU COMFORT TODAY.
28. NAME SOMETHING YOU LIKE ABOUT EACH SEASON OF THE YEAR.
29. REFLECT ON YOUR SPIRITUAL GIFTS. FOR WHICH GIFT ARE YOU MOST GRATEFUL?
30. HAVE YOU READ A BOOK YOU WERE GRATEFUL FOR HAVING READ? TELL WHY.
31. WHAT IS SOMETHING FROM THE NATURAL WORLD THAT YOU LOVE?
32. FOR WHAT MODERN INVENTION ARE YOU THE MOST THANKFUL?
33. WHAT DO YOU LOVE ABOUT YOUR PARENTS?
34. TALK ABOUT ONE THING YOU LOVE ABOUT YOURSELF.
35. THINK ABOUT A FOOD YOU ARE GRATEFUL FOR. TELL WHY.
36. THINK ABOUT YOUR HOME. FOR WHAT YOU ARE GRATEFUL?
37. WHAT IS YOUR FAVORITE FAMILY TRADITION? CAN YOU THINK OF A NEW ONE TO START?
38. FOR WHAT PART OF YOUR BODY ARE YOU GRATEFUL?
39. FOR WHAT MEMORY ARE YOU MOST GRATEFUL?
40. HOW CAN YOU CONTINUE TO LIVE IN AN ATTITUDE OF GRATITUDE AFTER THIS CHALLENGE?