

# Gratitude



- Who special someone has taught you about unconditional love in the past or present?
- Write down one good thing that happened to you today.
- What are five personality traits that you are most thankful for?
- What about your upbringing are you most grateful for?
- Are you happy with how your day turned out?
- Can you do better tomorrow?
- Name 5 things you are doing well currently.
- Did you have a nice surprise today? Write about it.
- Did you do something nice to someone today? Write about it.
- What family members are you most grateful for? Write about what makes them special.
- What is something nice another person did for you today or this week?
- What is something nice you did for another person today or this week?
- Who or what in your life are you happy to have let go?
- Think of 5 people that irritate you or you have trouble getting along with. What irritates you most about them? Now list 3 positive notes or qualities about each person.
- What were your 3 best days? Write a small paragraph about each day.
- What were your worst three days? Write a small paragraph about each day and think how much better off you are now.
- Write the top 10 things in your life that cause you stress. For each stress factor, write what you can do to change it.
- Think about the worst period you went through in your life and list 10 ways life is better now than it was then.
- What are irritations in your life that could use a change in perspective? Can you take less seriously, find humor in? How can that change have a positive effect on your life?
- List something good that has recently caught your attention to make you realize how fortunate you are.
- Think about the qualities of the people you admire. List these qualities and how you can incorporate them into your life.
- List 3 people and/or things you feel that you take for granted. How can you express more appreciation for these things or people?
- What friends are you most grateful for having? List what makes each friend special.
- List 3 things you could do today to be a kinder person.
- Who are the people that first come to mind that don't have it as good as you do?
- Think of 3 stereotypes that do not have it as good as you (sick children, homeless people, the disabled, elderly, war victims, etc). What could you do to help people in these situations?
- Name 3 things that always put a smile on your face.
- What is the most beautiful place you have been to? Relive being in this place now.
- What are your biggest accomplishments?
- What do you really appreciate about your life?
- Name 3 things that you can start doing today to express your gratitude to others? (helping, volunteering, donating, etc). Start doing it in the next few days.
- What has been the highlight of your day today?
- What things do you own that make life easier?
- Name 3 things that have happened to you that have strengthened your character and who you are today (positive or negative events).
- List 2 struggles you experienced in life that you have overcome. What or who has helped you to overcome these trials?
- List 5 things you love about your home.
- What 3 things do you love about the town, area, or neighborhood you live in?
- What about nature are you grateful for?
- Spend a few minutes focusing on your 5 senses and write down how you can be more mindful of each.
- What about your career or job are you grateful for?
- What things made you laugh out loud this week?
- Write about something you saw recently that warmed your heart.
- Write about a time someone went out of their way to help you.
- Think about a time that you went out of your way to help someone.
- Think of 3 times that pure luck or grace has saved you. Write a paragraph about each and focus on who and how the events took place.
- Make a list of 20 ways you are fortunate.
- What meals do you most enjoy making or eating?
- What physical characteristics are you most grateful for?
- Name 3 talents or qualities you have that you are grateful for.
- How can you continue being more thankful?