

MENTAL HEALTH MAKEOVER GRATITUDE PROMPTS

Ask a friend to take the text message gratitude challenge! Text each other three things you are grateful for every day for a week.

What accomplishments in your life have brought you the most happiness?

What is different today than a year ago that you are grateful for?

What do you like about where you live?

What do you like about your job?

What was the best part of your day?

What is a memory you are grateful for?

What was one of the best moments of your life?