



Gratitude Prompts



- What made you Happy today?
- What was the best part of your day today?
- If you could relive any moment in your life what would it be?
- What moments this weeeek are you thankful for?
- Who are you thankful for and why?
- What is something beautiful that you saw today?
- What struggle have you had that you are grateful for?
- What are you thankful for about where you live?
- What have you learned this week that you are thankful for?
- What friends and family are you thankful for?
- What talents do you have that you are thankful for?
- What teachers have you had that you are thankful for?
- What items that you own are you thankful for?
- What trips have you been on that you're thankful for?
- What are do you love about where you live?
- What books have you read that you're thankful for?
- When have you benefited from the kindness of a stranger?
- What are some daily comforts that you take for granted?
- What opportunities do you have that you are grateful for?
- What luxuries do you have in your life?
- What life lessons have you learned that you are thankful for?
- What goals have you achieved that you're thankful for?
- What service people are you grateful for?
- What moments in the last month are you most grateful for?
- What moments in the last year are you most thankful for?
- What smells are you thankful for?
- What songs are you most grateful for and why?
- What moment most changed your life for the best?
- What holiday are you most excited for?
- What animals have you had that you are most thankful for?