

Gratitude prompts

1. What makes you laugh.
2. A childhood friend.
3. Something you can smell.
4. Something you can feel.
5. Something you can hear.
6. When someone did something kind for you.
7. When you did something kind for someone else.
8. You learned a new skill.
9. Someone who you like being around.
10. What can your body do well?
11. What can your mind do well?
12. Something you saw that was beautiful.
13. Something you made that was good.
14. A time that you receive help.
15. What is good about your community.
16. What is special about your home.
17. Something warm on a cold day or cold on a warm day.
18. A friend you see at work.
19. Something you enjoy looking at.
20. A beautiful thing in nature.
21. A book you enjoyed.
22. Something you are looking forward to.
23. Music that makes you feel.
24. Look up.